

BRAND NEW!
Please be aware that some
fitness class titles have changed

ADULT PROGRAM

FALL | 2018



Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov



ANNE GORDON CENTER FOR ACTIVE ADULTS

1901 Spring Forest Road
Raleigh, NC 27615
Phone: (919) 996-4720
Email: annegordoncenter@raleighnc.gov

FIVE POINTS CENTER FOR ACTIVE ADULTS

2000 Noble Road
Raleigh, NC 27608
Phone: (919) 996-4730
Email: fivepointscenter@raleighnc.gov

WALNUT TERRACE NEIGHBORHOOD CENTER

1256 McCauley Street, Suite 103
Raleigh, NC 27601
Phone: (919) 996-6160
Email: walnutterrace@raleighnc.gov

Website: parks.raleighnc.gov

Keyword Search: Adult Program

HOURS OF OPERATION

Monday - Friday, 9:00 AM - 6:00 PM

* Five Points Center is open until 9:00 PM on Mondays and Thursdays.

The centers will be closed on September 3, November 12, November 22-23, December 24-25, and will close at 4:00 PM on December 31.

HOW TO REGISTER

Mail-In

Send registration form and payment to any of the three centers.

Walk-In

Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours.

Online with Reclink

Visit Reclink.raleighnc.gov. Reclink allows you to search for programs age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete your registration and payment on line.

All centers are easily accessible via public transportation:

- Anne Gordon Center for Active Adults: Use GoRaleigh Route 1 and transfer at Triangle Town Center to the 25L connector route
- Five Points Center for Active Adults: Use GoRaleigh Route 2
- Walnut Terrace Neighborhood Center: use GoRaleigh Route 21

For more information please visit <https://www.raleighnc.gov/transit/>

HOW TO READ COURSE LISTINGS

| | | | | |
|----------------|---|----------------|--------------|-------------------------------------|
| Class Title | ● BASICS WITH BARB For those who have taken Introduction to Computer Applications in the past or have previous experience with computers and just want a refresher. | | | |
| Course | ● Five Points Center for Active Adults | | | |
| Location + Fee | #129908 | May 5-12 | W | Class Fee: \$40 9:30 AM-11:30 AM |
| | ● | ● | ● | ● |
| | Class Barcode | Class Dates | Class Day | Class Time |

STAFF DIRECTORY

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Five Points Center for Active Adults Assistant Director
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ART PROGRAMS

ACRYLIC PAINTING

Whether you are a traditionalist, who wants to paint still lifes and landscapes, an abstractionist or somewhere in between- acrylics are a wonderful painting medium for you! This class will focus on building a balanced palette to express yourself with color, using acrylic mediums to your advantage, and creating a dynamic composition. Open to everyone from absolute beginners to seasoned painters. Instructor: Anna Podris

Five Points Center for Active Adults Course Fee: \$40
#229689 Sep 17-Oct 22 M 10:00 AM-12:00 PM

BLUEGRASS JAM

Join other musicians for a weekly bluegrass jam session. All levels are welcome. Come to play or come to listen!

Five Points Center for Active Adults Course Fee: \$0
#225179 Sep 5-Dec 26 W 1:00 PM-5:00 PM

CARD MAKING

Come and make personalized cards for the holidays and other occasions. We will use rubber stamps, stickers, decorative scissors and other supplies. There will be some examples for ideas. Come join the fun and show off your creative side. Supplies included for a variety of occasions and feel free to bring some of your own. Please sign up ahead of time so we will have enough supplies. Instructor Diane Rebar

Anne Gordon Center for Active Adults Course Fee: \$5
#224809 Oct 11 Th 10:00 AM-12:00 PM
#224814 Nov 8 Th 10:00 AM-12:00 PM

CERAMICS BASICS - PAINTING GREENWARE

This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list of necessary materials to purchase on their own. Instructor: Ann Long

Five Points Center for Active Adults Course Fee: \$0
#225183 Sep 5-Dec 26 W 9:30 AM-12:00 PM

CRAFT GROUP

Join your fellow crafters for this craft program. Bring your own unfinished items to work on or assist with projects for donation to local hospitals and charitable organizations.

Five Points Center for Active Adults Course Fee: \$0
#225184 Sep 4-Dec 31 M-Th 10:00 AM-11:30 AM

DRAWING: THE FUNDAMENTALS OF PERSPECTIVE

This class will introduce one point, two point and aerial perspective to students who would like to create a sense of depth in their work. The subject matter will include geometric forms from still life studies,

architectural structures and the theme of landscape. The materials used will include pencil, charcoal and wash with pen and ink. Students need not have prior experience in drawing as this course will help both beginning and advanced students who have an interest in improving their drawing skills. Emphasis will be on including a defined light source and the overall design of the page. Students will learn to shade the drawing to create volume and form in the final work. Instructor: Nancy Carty

Five Points Center for Active Adults Course Fee: \$45
#229829 Sep 10- Oct 15 M 2:00 PM-5:00 PM

JOYFUL CHORUS

Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for clubs, organizations, groups and events.

Five Points Center for Active Adults Course Fee: \$0
Harmony Group
#225190 Sep 10-Dec 31 M 11:15 AM-12:15 PM
Joyful Chorus
#225189 Sep 10-Dec 31 M 12:15 PM-1:15 PM

KNITTING AND CROCHETING

This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler

Anne Gordon Center for Active Adults Course Fee: \$10
#225840 Sep 4-Oct 23 Tu 2:00 PM-4:00 PM
#225841 Oct 30-Dec 18 Tu 2:00 PM-4:00 PM
#225842 Sep 6-Oct 25 Th 2:00 PM-4:00 PM
#225843 Nov 1-Dec 20 Th 2:00 PM-4:00 PM

LANDSCAPE INTO ART

Learn about art history through the lens of landscape with a combination of lecture, observation, drawing, and watercolor exercises. This overview of the history of landscape painting is a unique introduction to painting and understanding the human relation to landscape. Each class will start with a slide lecture followed by in-class and at-home drawing or watercolor exercises. It's helpful to have a basic understanding of drawing and a water-based medium but all experience levels are welcome. Materials are provided for first class with a list of recommended supplies and supplemental guides. Instructor: Suzanne McDermott

Anne Gordon Center for Active Adults Course Fee: \$35
#228260 Oct 30-Dec 18 Tu 9:15 AM-12:15 PM
Five Points Center for Active Adults Course Fee: \$35
#228263 Oct 30-Dec 18 Tu 2:00 PM-5:00 PM

continued on next page...

ART PROGRAMS

MIXED MEDIA

We will use acrylic, oil pastels, watercolor and more as we explore mixed media techniques. When we combine media we can create richer colors and more innovative imagery. Bring the art supplies you already have and explore using them in new ways! Instructor Anna Podris

Five Points Center for Active Adults Course Fee: \$40
#229736 Oct 29-Dec 10 M 10:00 AM-12:00 PM

PAINTING: COLLAGING BIRDS AND FANTASY HOUSES

Using magazine pictures and painted deli papers, stamps and stencils, we will create at least two collages of birds and colorful, patterned houses. These will spark up your walls and be easy to make. No prior experience needed with acrylic paint. Instructor: Marie Lawrence

Five Points Center for Active Adults Course Fee: \$20
#229779 Sep 4-11 Tu 1:00 PM-3:00 PM

PRINTMAKING: INTRO TO PRINTMAKING

Using an easy tool called the Gel Press/Gelli Plate we will create monoprints using stencils and stamps. Look it up on You Tube and your excitement will grow! Your prints can be for framing, cards, or collage papers. Instructor: Marie Lawrence

Five Points Center for Active Adults Course Fee: \$20
#229778 Oct 9-16 Tu 1:00 PM-3:00 PM

QUILTING - BASICS FOR BEGINNERS

This class will teach basic quilting techniques, including choosing/repairing fabric, tool usage, and quilting terms. Each student will make a small quilt or wall hanging. Some sewing machines are available for student use. Instructor: Jeanette Gray

Halifax Community Center Course Fee: \$15
#228725 Sep 14-Nov 16 F 10:30 AM-1:30 PM

QUILTING - INTERMEDIATE

This class is designed for individuals who have a basic knowledge of quilting and are comfortable using quilting tools. Bringing your own sewing machine is required. Each session will have a main design, and we will explore other options if time allows. Instructions and a supply list will be available before the session starts. For more information, please call 919-996-4720. Instructor: Martha Killian

Anne Gordon Center for Active Adults Course Fee: \$15
#225952 Sep 10-Nov 26 M 1:00 PM-4:00 PM

RALEIGH MINIATURES GUILD

This group is for art enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month. See club officers at meeting for information on additional fees and dues.

Anne Gordon Center for Active Adults Course Fee: \$4
#224277 Sep 6-Dec 20 Th 10:00 AM-12:00 PM

STAMPS AND STENCILS WITH ACRYLIC PAINT

In this fun class, we will explore stamping and stenciling in artistic ways. No prior experience is needed. Try out the instructor's foam stamps and stencils to see which you like the best. Apply this knowledge for wall creations and card-making. Instructor Marie Lawrence.

Five Points Center for Active Adults Course Fee: \$20
#229780 Nov 6-13 Tu 1:00 PM-3:00 PM

TRIANGLE PORTRAIT ARTISTS

If you're interested in portrait painting, this is the group for you! Come out on Tuesday mornings and join a group dedicated to producing beautiful portraits. This class is self-lead, there is no formal instructor. For oil painters use Gamsol solvent-free gel or liquid. No odorless or mineral spirits allowed in this group. A \$5 cash model fee will be collected each class meeting. Note: See club officers at meeting for information on additional fees and dues.

Five Points Center for Active Adults Course Fee: \$16
#227412 Sep 4-Dec 18 Tu 9:00 AM-12:00 PM

WATERCOLOR THROUGH HISTORY

Do you love watercolor? Improve your basic watercolor practice while exploring the history of the medium. Each class includes a lecture, a demo, in-class and at-home assignments copying historic paintings. For this course, it's best to have basic drawing and watercolor knowledge and practice but you're welcome to come for the lectures only. Materials are provided for first class with a list of recommended supplies. Instructor: Suzanne McDermott

Anne Gordon Center for Active Adults Course Fee: \$35
#228264 Sep 4-Oct 23 Tu 9:15 AM-12:15 PM

Five Points Center for Active Adults Course Fee: \$35
#228265 Sep 4-Oct 23 Tu 2:00 PM-5:00 PM

COMPUTER CLASSES

AMAZON ALEXA BASICS 1

Alexa is a virtual assistant developed by Amazon. You interact with Alexa using its smart speaker called Echo. The Echo speaker can be placed anywhere in your home. Just ask Alexa to check your calendar, weather, traffic, and sports scores, manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, and more by saying commands. In this class you will learn the basic setup and what it takes to use Amazon's Alexa. If you have ever wondered about what Alexa does and are on the fence about purchasing Alexa for your own home, this is one class you don't want to miss!

| | | | |
|---|--------------|------------------|-------------------|
| Anne Gordon Center for Active Adults | | Course Fee: \$10 | |
| #228877 | Oct 1-8 | M | 10:00 AM-11:30 AM |
| Five Points Center for Active Adults | | Course Fee: \$10 | |
| #228876 | Sep 6-13 | Th | 3:00 PM-4:30 PM |
| #228878 | Oct 25-Nov 1 | Th | 10:00 AM-11:30 AM |

APPLE LAPTOP BASICS 1

Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. This course is for beginners or new users who are just starting off using an Apple laptop. Objectives: Students will be introduced to the basics of Internet usage; how to connect to WiFi; Web Surfing and saving your favorite websites using the web browser Safari; know the weather at all times using the Weather App; learn how to Shut Down and Restart; plus, how to shop safely using Secure Websites.

| | | | |
|---|-----------|------------------|-------------------|
| Anne Gordon Center for Active Adults | | Course Fee: \$10 | |
| #228882 | Oct 15-22 | M | 10:00 AM-11:30 AM |
| Five Points Center for Active Adults | | Course Fee: \$10 | |
| #228881 | Sep 20-27 | Th | 3:00 PM-4:30 PM |
| #228883 | Nov 8-15 | Th | 10:00 AM-11:30 AM |

APPLE LAPTOP BASICS 2

Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. This course is for beginners or new users who are just starting off using an Apple laptop. Objectives: Students will be introduced to Pages which is Apple's version of Microsoft Word. Learn how to simply create a document; save the document; create a folder; and delete files while using Pages.

| | | | |
|---|--------------|------------------|-------------------|
| Anne Gordon Center for Active Adults | | Course Fee: \$10 | |
| #228885 | Oct 29-Nov 5 | M | 10:00 AM-11:30 AM |
| Five Points Center for Active Adults | | Course Fee: \$10 | |
| #228884 | Oct 4-11 | Th | 3:00 PM-4:30 PM |
| #228886 | Nov 27-Dec 4 | Tu | 10:00 AM-11:30 AM |

COMPUTER BASICS 1

Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 10 operating system. This course is for beginners or new users who are just starting off using a computer, mouse, and keyboard. Objectives: improve skills in these areas and teach participants to create and save short documents. Students will also be introduced to the basics of Internet usage, creating a GMAIL email account, sending and receiving messages, uploading and downloading attachments/photos. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

| | | | |
|---|--------------|------------------|-------------------|
| Anne Gordon Center for Active Adults | | Course Fee: \$10 | |
| #228723 | Sep 5-12 | W | 10:00 AM-11:30 AM |
| #228729 | Oct 31-Nov 7 | W | 3:00 PM-4:30 PM |
| #228743 | Dec 10-17 | M | 10:00 AM-11:30 AM |
| Five Points Center for Active Adults | | Course Fee: \$10 | |
| #228724 | Sep 25-Oct 2 | Tu | 10:00 AM-11:30 AM |
| #228731 | Nov 27-Dec 4 | Tu | 3:00 PM-4:30 PM |

COMPUTER BASICS 2

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Class will be using computers that have the Windows 10 operating system. This course is for students who have basic computer experience using the mouse and keyboard. The student will learn the basics of Windows 10 as well as how to use the different features of functions. You will learn how to enter/edit text in Microsoft Word and to save/retrieve data files. This class is intended for those who have some knowledge of using a computer, but may not be familiar with the Windows 10 operating system. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

| | | | |
|---|--------------|------------------|-------------------|
| Anne Gordon Center for Active Adults | | Course Fee: \$10 | |
| #228783 | Sep 19-26 | W | 10:00 AM-11:30 AM |
| #228790 | Nov 28-Dec 5 | W | 10:00 AM-11:30 AM |
| Five Points Center for Active Adults | | Course Fee: \$10 | |
| #228788 | Oct 9-16 | Tu | 10:00 AM-11:30 AM |
| #228794 | Dec 11-18 | Tu | 3:00 PM-4:30 PM |

Please be sure to read course prerequisite in the course description to be sure that you are registering for the appropriate level class.

COMPUTER CLASSES

COMPUTER BASICS 3

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Class will be using computers that have the Windows 10 operating system. This course is for students who have basic computer experience using the mouse and keyboard. Have you ever wanted to make copies of your work or maybe store those files as a backup? This class goes into detail on how to save files, create folders, delete files. In addition to this, you will see how to save files using an external hard drive as well as a USB or 'Flash' drive.

| Anne Gordon Center for Active Adults | | | Course Fee: \$10 |
|--------------------------------------|-----------|----|-------------------|
| #228887 | Sep 17-24 | M | 10:00 AM-11:30 AM |
| #228888 | Oct 10-17 | W | 10:00 AM-11:30 AM |
| #228890 | Dec 12-19 | W | 10:00 AM-11:30 AM |
| Five Points Center for Active Adults | | | Course Fee: \$10 |
| #228889 | Oct 23-30 | Tu | 3:00 PM-4:30 PM |

CUTTING THE CORD: WHAT DOES IT MEAN AND HOW DOES IT WORK?

'Cutting the Cord' is a phrase that you hear a lot. Often it is associated with steps to lower your television or cable bill. But what does it actually mean and how would you even begin? In this class we will look at how television entertainment is evolving onto different types of platforms: cable, satellite, antenna, and online. Learn the steps some people are taking to 'cutting the cord'. But at the end of the day are you really cutting the cord or simply paying for television on a different platform? Is it worth your time to try it? You be the judge.

| Anne Gordon Center for Active Adults | | | Course Fee: \$10 |
|--------------------------------------|--------------|----|-------------------|
| #228892 | Nov 26-Dec 3 | M | 10:00 AM-11:30 AM |
| Five Points Center for Active Adults | | | Course Fee: \$10 |
| #228891 | Nov 29-Dec 6 | Th | 10:00 AM-11:30 AM |

GIMP PHOTO EDITING BASICS 1

Prerequisite: Gimp Photo Editing Basics 1 Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Want to have more control over how you edit your photos? Maybe you've looked at professional photo editing applications for your computer, but they are too expensive. GIMP is a free and open-source raster graphics editor used for image retouching and editing, free-form drawing, converting between different image formats, and more specialized tasks. Learn to use GIMP, a photo editing program that has some similar features that the professional photo editing programs use.

| Anne Gordon Center for Active Adults | | | Course Fee: \$10 |
|--------------------------------------|----------|----|------------------|
| #228904 | Oct 3-10 | W | 3:00 PM-4:30 PM |
| Five Points Center for Active Adults | | | Course Fee: \$10 |
| #228893 | Sep 4-11 | Tu | 3:00 PM-4:30 PM |

GOOGLE APPLICATIONS OVERVIEW

Prerequisite: 'Computer Skills 1' or equivalent. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Calendar, and others. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

| Five Points Center for Active Adults | | | Course Fee: \$10 |
|--------------------------------------|--------------|----|-------------------|
| #228806 | Sep 27-Oct 4 | Th | 10:00 AM-11:30 AM |
| #228809 | Nov 29-Dec 6 | Th | 3:00 PM-4:30 PM |

GOOGLE CHROME INTRO

Prerequisite: 'Computer Basics 1' or equivalent. Class will install and use the Internet browser Google Chrome. Please bring your personal laptop to the workshop. If you do not have a laptop, one will be provided. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

| Five Points Center for Active Adults | | | Course Fee: \$5 |
|--------------------------------------|-----------|----|-------------------|
| #228818 | Oct 11-18 | Th | 10:00 AM-11:30 AM |

GOOGLE PHOTOS INTRO

Prerequisite: 'Computer Basics 1' or equivalent. Class will learn basic photo editing and photo sharing using the Google Photos app. This app can be used on most devices. Class will be using computers that have the Windows 10 operating system. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

| Five Points Center for Active Adults | | | Course Fee: \$10 |
|--------------------------------------|-----------|----|-------------------|
| #228810 | Oct 9-16 | Tu | 3:00 PM-4:30 PM |
| #228811 | Oct 23-30 | Tu | 10:00 AM-11:30 AM |
| #228812 | Dec 13-20 | Th | 3:00 PM-4:30 PM |

ICLOUD BASICS FOR IPAD/IPHONE

Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. The iCloud service allows users to securely store photos, videos, documents, apps, music and so much more! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. The iCloud is your virtual hard drive that is always accessible with an internet connection. This class will show you how to set up an account and use the iCloud. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

| Anne Gordon Center for Active Adults | | | Course Fee: \$5 |
|--------------------------------------|--------|----|-------------------|
| #228779 | Oct 17 | W | 3:00 PM-5:00 PM |
| Five Points Center for Active Adults | | | Course Fee: \$5 |
| #228777 | Sep 18 | Tu | 10:00 AM-12:00 PM |
| #228782 | Nov 8 | Th | 3:00 PM-5:00 PM |

ICLOUD FOR APPLE LAPTOPS

Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. In this class you will learn how to set up your iCloud for your Apple Laptop. The iCloud service allows users to securely store photos, videos, documents, apps, music and so much more! It also lets you sync multiple devices, including your iPad, iPhone, iPod. The iCloud is your virtual hard drive that is always accessible with an internet connection. This class will show you how to setup and use the iCloud.

| Anne Gordon Center for Active Adults | | Course Fee: \$5 | |
|---|-------|-----------------|-------------------|
| #228880 | Nov 7 | W | 10:00 AM-12:00 PM |
| Five Points Center for Active Adults | | Course Fee: \$5 | |
| #228879 | Nov 6 | Tu | 10:00 AM-12:00 PM |

INTRODUCING SIRI - YOUR PERSONAL ASSISTANT FOR IPAD/IPHONE

Prerequisite: 'iPad/iPhone Basics 1' or intermediate user. Bring your iPhone or iPad PLUS your Apple ID and password. Wish you had a personal assistant to remind you to do something at a certain time or when you arrive at a certain place? Now you can! Get to know Siri, your personal assistant on your Apple device. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

| Anne Gordon Center for Active Adults | | Course Fee: \$5 | |
|---|--------|-----------------|-------------------|
| #228796 | Oct 24 | W | 3:00 PM-5:00 PM |
| #228801 | Nov 14 | W | 3:00 PM-5:00 PM |
| Five Points Center for Active Adults | | Course Fee: \$5 | |
| #228797 | Sep 20 | Th | 10:00 AM-12:00 PM |
| #228802 | Nov 15 | Th | 3:00 PM-5:00 PM |
| #228803 | Dec 20 | Th | 10:00 AM-12:00 PM |

IPAD BASICS 2

Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Bring your iPad or iTouch PLUS your Apple ID and Password. This course will cover how to sync your iPad or iTouch device with an Apple or Windows computer. Learn about Facetime, how to transfer contacts, manage calendars, and to search and download apps from Apple App Store. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

| Anne Gordon Center for Active Adults | | Course Fee: \$5 | |
|---|--------|-----------------|-------------------|
| #228762 | Sep 26 | W | 3:00 PM-5:00 PM |
| #228769 | Dec 12 | W | 3:00 PM-5:00 PM |
| Five Points Center for Active Adults | | Course Fee: \$5 | |
| #228761 | Nov 6 | Tu | 3:00 PM-5:00 PM |
| #228763 | Sep 11 | Tu | 10:00 AM-12:00 PM |

IPAD BASICS 3

Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. Learn how to search and download the great variety of content from the App Store, the iTunes Store, and the iBook store. Plus learn how to check out eBooks from the Wake County Public Library! Contact Tommy Hodges for more information regarding this course at 919-996-2458.

| Anne Gordon Center for Active Adults | | Course Fee: \$5 | |
|---|--------|-----------------|-------------------|
| #228773 | Oct 3 | W | 10:00 AM-12:00 PM |
| #228776 | Dec 19 | W | 3:00 PM-5:00 PM |
| Five Points Center for Active Adults | | Course Fee: \$5 | |
| #228770 | Sep 13 | Th | 10:00 AM-12:00 PM |
| #228775 | Nov 13 | Tu | 3:00 PM-5:00 PM |



COMPUTER CLASSES

IPAD/IPHONE BASICS 1

Introduction to the basics of owning an iPhone and an iPad. Must bring: Your own iPhone/iPad PLUS your Apple ID & Password. This class will provide a brief overview of the many popular applications that are out there. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

| Anne Gordon Center for Active Adults | | | Course Fee: \$5 |
|--------------------------------------|--------|----|-------------------|
| #228704 | Sep 10 | M | 10:00 AM-11:30 AM |
| #228711 | Sep 12 | W | 3:00 PM-5:00 PM |
| #228717 | Nov 28 | W | 3:00 PM-5:00 PM |
| Five Points Center for Active Adults | | | Course Fee: \$5 |
| #228705 | Sep 4 | Tu | 10:00 AM-12:00 PM |
| #228706 | Oct 25 | Th | 3:00 PM-5:00 PM |
| #228713 | Nov 13 | Tu | 10:00 AM-12:00 PM |
| #228719 | Dec 18 | Tu | 10:00 AM-12:00 PM |

IPHONE 2: BASIC SETUP AND USE

Prerequisite: Must bring: Bring your own iPhone as well as your Apple ID and Password. You will learn basic set up, making simple phone calls, and advanced features such as iHealth, Notification, Cellular Data usage and the DO NOT DISTURB feature. Check out the popular apps such as Safari, Mail, Calendar, Maps, Weather and Contacts that truly makes the iPhone a 'Smartphone'. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

| Anne Gordon Center for Active Adults | | | Course Fee: \$5 |
|--------------------------------------|--------|----|-------------------|
| #228751 | Sep 19 | W | 3:00 PM-5:00 PM |
| #228757 | Dec 5 | W | 3:00 PM-5:00 PM |
| Five Points Center for Active Adults | | | Course Fee: \$5 |
| #228750 | Sep 6 | Th | 10:00 AM-12:00 PM |
| #228752 | Nov 1 | Th | 3:00 PM-5:00 PM |

TIME MACHINE: HOW TO BACK UP YOUR APPLE COMPUTER

Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. Apple's Time Machine is a backup software application that allows you to back up EVERYTHING on your Apple laptop. If you have an Apple computer then you already have Time Machine. But are you using it? Distributed as part of macOS, desktop operating system developed by Apple. The software is designed to work with AirPort Time Capsule, the Wi-Fi router with built-in hard disk, as well as other internal and external disk drives. In this class I will show you how to use Time Machine to back up your computer to an external hard drive.

| Anne Gordon Center for Active Adults | | | Course Fee: \$5 |
|--------------------------------------|--------|----|-------------------|
| #228897 | Nov 14 | W | 10:00 AM-12:00 PM |
| Five Points Center for Active Adults | | | Course Fee: \$5 |
| #228896 | Oct 18 | Th | 3:00 PM-5:00 PM |
| #228898 | Dec 11 | Tu | 10:00 AM-12:00 PM |

TIPS ON PURCHASING A COMPUTER

You're finally ready to purchase a computer, but you can't decide what type of computer you should get. First you need to decide specifically what you are going to do with your computer. And only you can decide this. But before you go to the store we will help you understand the differences between a laptop, desktop, and tablet so that you will have an idea of what you should be looking for. Then you can decide which will work best for your needs.

| Anne Gordon Center for Active Adults | | | Course Fee: \$5 |
|--------------------------------------|--------|----|-------------------|
| #228901 | Sep 5 | W | 3:00 PM-5:00 PM |
| Five Points Center for Active Adults | | | Course Fee: \$5 |
| #228902 | Oct 2 | Tu | 3:00 PM-5:00 PM |
| #228903 | Dec 13 | Th | 10:00 AM-12:00 PM |



EDUCATIONAL CLASSES

AMERICAN SIGN LANGUAGE

This American Sign Language class is designed for beginners in order to learn basic knowledge, culture, and structure of American Sign Language. Students will learn basic conversation as well as emergency signs. There will be lots of hands on activities to allow the students to practice as they are learning. Instructor: Bettie Ittenbach

| Five Points Center for Active Adults | | Course Fee: \$40 | |
|---|--------------|------------------|-------------------|
| #227257 | Sep 10-Oct 1 | M | 10:45 AM-11:45 AM |
| #227258 | Oct 8-29 | M | 10:45 AM-11:45 AM |

AUTO INSURANCE 101

Brian Reitter, NC Consumer Council Public Affairs Director, will discuss the NC requirements for carrying Automobile Insurance and how to determine the best plan for you based on your driving needs. He will take the mystery out of "no-fault" insurance, liability when someone uses your car and has an accident or gets a ticket, and how safe driving bit monitors can save on the cost of car insurance.

| Anne Gordon Center for Active Adults | | Course Fee: \$0 | |
|---|--------|-----------------|-------------------|
| #226201 | Nov 1 | Th | 2:30 PM-3:30 PM |
| Five Points Center for Active Adults | | Course Fee: \$0 | |
| #226202 | Nov 13 | Tu | 10:15 AM-11:15 AM |

ESSENTIAL OILS: SELF-HEALING

After an overview of what essential oils are, where they come from, how to use them and why, we explore ways essential oils can help us eliminate toxic substances in our environment, negative emotions in our selves and first aid usage for our toiletries and medicine cabinets. Along the way, we'll cover complementary traditional and energetic healing modalities, how essential oils enhance those practices and our general well-being. Just attending each class will help you heal a little bit and feel a whole lot better. Materials fee is \$45.

| Five Points Center for Active Adults | | Course Fee: \$35 | |
|---|---------------|------------------|-----------------|
| #228248 | Sep 10-Oct 29 | M | 6:00 PM-8:30 PM |
| #228251 | Nov 5-Dec 17 | M | 2:00 PM-5:00 PM |

FINANCE: GOVERNMENT BENEFITS FOR LONG TERM CARE

The cost of Long Term Care is staggering. Monthly costs often exceed \$10,000 per month. In this presentation, we review the various programs and outline the requirements for a family to qualify. We will primarily review Veteran's Aid and Attendance, Special Assistance for Assisted Living and Medicaid for Skilled Nursing. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

| Anne Gordon Center for Active Adults | | Course Fee: \$0 | |
|---|--------|-----------------|-----------------|
| #226171 | Dec 6 | Th | 2:00 PM-3:30 PM |
| Five Points Center for Active Adults | | Course Fee: \$0 | |
| #226173 | Oct 29 | M | 6:30 PM-8:00 PM |
| #226174 | Dec 4 | Tu | 2:00 PM-3:00 PM |

FINANCE: BASICS OF PROBATE

Representatives from McCuiston Law Offices, PLLC will discuss the legal documents and procedures you need to consider for your estate planning. Co-sponsored by Resources for Seniors.

| Five Points Center for Active Adults | | Course Fee: \$0 | |
|---|--------|-----------------|-----------------|
| #226170 | Oct 30 | Tu | 1:00 PM-2:00 PM |

FINANCE: ESTATE PLANNING

Tom McCuiston from McCuiston Law Offices, PLLC, discusses documents needed in estate planning such as powers of attorney, trust, wills and living wills and the consequences of having or not having these documents. Topics include: tax consequences of not having a will, creating trusts and why they may be helpful, responsibilities of designated power of attorney, property transfer and the consequences of not having a will. Sponsored by McCuiston Law Firm.

| Five Points Center for Active Adults | | Course Fee: \$0 | |
|---|--------|-----------------|-----------------|
| #226169 | Sep 11 | Tu | 1:00 PM-2:00 PM |

FINANCE: WHAT YOU NEED TO KNOW TO PREPARE FOR MEDICAID

Age: 18yrs. and up. Why do I need legal documents in the first place? Answers to questions about Medicaid eligibility requirements; coverage options; Look-back Period; asset and income limitations; and spousal or family asset protection will be provided by Huston Law Firm. This is a program to learn the basics for preparing for Medicaid either for you or another family member.

| Five Points Center for Active Adults | | Course Fee: \$0 | |
|---|--------|-----------------|-----------------|
| #226175 | Sep 11 | Tu | 2:15 PM-3:15 PM |

EDUCATIONAL CLASSES

FINANCE: MEDICARE 101

Age: 18yrs. and up. The Seniors' Health Insurance Information Program (SHIIP) is a division of the N.C. Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

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|---|--------|----|-----------------|
| Anne Gordon Center for Active Adults | | | Course Fee: \$0 |
| #226215 | Sep 27 | Th | 1:00 PM-3:00 PM |
| Five Points Center for Active Adults | | | Course Fee: \$0 |
| #226216 | Sep 18 | Tu | 1:00 PM-3:00 PM |
| #226217 | Oct 8 | M | 6:00 PM-8:00 PM |

FINANCE: SOCIAL SECURITY STRATEGIES FOR RETIREMENT

This class will provide information on how Social Security fits into your retirement income plan, when benefits should be taken and how taxes are best handled. Presented by Edward Jones Investments and Resources for Seniors.

| | | | |
|---|--------|----|-----------------|
| Anne Gordon Center for Active Adults | | | Course Fee: \$0 |
| #226184 | Nov 1 | Th | 1:00 PM-2:00 PM |
| Five Points Center for Active Adults | | | Course Fee: \$0 |
| #226185 | Oct 16 | Tu | 1:00 PM-2:00 PM |

FINANCE: THE TRUTH ABOUT REVERSE MORTGAGES

Learn about the New Reverse Mortgage with examples from real life scenarios. What is a Reverse Mortgage, also known as a Home Equity Conversion Mortgage or HECM? What are the Myths about a Reverse Mortgage? What are the Qualifications for a Reverse Mortgage? Why Choose a Reverse Mortgage? What are the Available Options of a Reverse Mortgage? Sponsored by Yadkin Bank Mortgage and Resources For Seniors.

| | | | |
|---|--------|----|-----------------|
| Anne Gordon Center for Active Adults | | | Course Fee: \$0 |
| #226179 | Oct 25 | Th | 3:00 PM-4:00 PM |
| Five Points Center for Active Adults | | | Course Fee: \$0 |
| #226180 | Sep 24 | M | 6:30 PM-7:30 PM |
| #226181 | Oct 2 | Tu | 1:00 PM-2:00 PM |

Please be sure to read course prerequisite in the course description to be certain that you are registering for the appropriate level class.

FINANCE: TYPES OF TRUSTS VERSES A STANDARD WILL

One comment made so often..... 'I don't need a trust, I'm not rich'. There are different trusts for different purposes, from a basic revocable living trust, to Special Needs or Supplemental Needs Trusts, charitable trusts, right down to a Pet Trust for your beloved animals. Our question during these talks: 'is your will sufficient to accomplish your estate planning goals'? Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

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|---|--------|----|-----------------|
| Anne Gordon Center for Active Adults | | | Course Fee: \$0 |
| #226182 | Sep 13 | Th | 1:30 PM-2:45 PM |

FINANCE: UNDERSTANDING VETERANS' AID AND ATTENDANCE BENEFITS

Veteran benefits pay between \$1,000 and \$2,000 per month tax-free toward the cost of long-term care, including skilled nursing, assisted living and in-home professional care. War-time veterans should learn how to qualify and how to use the benefit.

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|---|-------|----|-----------------|
| Anne Gordon Center for Active Adults | | | Course Fee: \$0 |
| #226189 | Nov 8 | Th | 2:00 PM-3:00 PM |

FINANCE: WEALTH MANAGEMENT STRATEGIES FOR WOMEN

Carla Liberatore, a wealth management adviser, will provide guidelines for effective retirement planning and investing to women who are financially comfortable but may feel left out of the conversation about their ongoing financial well-being. The workshop will include a discussion of the key financial planning and investing issues for women age 50 and up and a helpful question-and-answer time. Sponsored by Merrill Lynch.

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|---|--------|----|-----------------|
| Anne Gordon Center for Active Adults | | | Course Fee: \$0 |
| #226252 | Sep 13 | Th | 3:00 PM-4:00 PM |
| Five Points Center for Active Adults | | | Course Fee: \$0 |
| #226253 | Sep 25 | Tu | 3:00 PM-4:00 PM |

FIVE WISHES

Having the conversation with family and friends about our advanced directives and living will can be challenging. Five Wishes is a program that provides the opportunity to express your personal, emotional, and spiritual needs. It lets you choose the person you want to make your health care decisions for you in the event you are not able. It helps you decide how you wish to be treated if you get seriously ill. Five Wishes is designed to help you plan for the future.

| | | | |
|---|--------|----|-----------------|
| Anne Gordon Center for Active Adults | | | Course Fee: \$0 |
| #226203 | Oct 29 | M | 2:00 PM-3:00 PM |
| Five Points Center for Active Adults | | | Course Fee: \$0 |
| #226204 | Nov 8 | Th | 1:00 PM-2:00 PM |

FLU SHOT CLINIC

Get your annual flu shot at the Five Points Active Adult Center. Bring your health insurance card and a photo ID. Sponsored by Walmart Pharmacy.

Five Points Center for Active Adults Course Fee: \$0
#226235 Sep 25 Tu 9:30 AM-12:30 PM

FRENCH: LEVEL 1

Why not take a little time to learn some French? Come join us for beginner and/or reinforcement of basic French language. Your instructor has taught in Raleigh for several years and lived in France for over a decade. Learning just a little bit of French will: help you better enjoy your next visit to France, do good things for your brain as you exercise it learning something new, and make you proud of yourself as you speak a beautiful language! This class will go step-by-step and at your pace, just join us to see how much fun it can be to learn French! Instructor: Kyle Beale

Five Points Center for Active Adults Course Fee: \$60
#229750 Sep 13-Nov 1 Th 10:30 AM-12:00 PM

HEALTH TALKS WITH DR. BALDWIN

If you have Medicare or private insurance, you have a home healthcare benefit. Nursing care and therapy may be available to you in your home after a hospital stay or an illness at no charge to you. Learn about this important benefit you or a love one may be entitled to that may keep you from going to a nursing facility for care. This program is offered by Resources for Seniors and is co-sponsored by Gentiva Home Health.

Five Points Center for Active Adults Course Fee: \$0
#226236 Sep 4-Dec 4 Tu 10:15 AM-11:15 AM

HEALTH TOPIC: BLOOD PRESSURE AND WEIGHT SCREENING

Take advantage of these FREE blood pressure and weight screenings offered by Dr. Casey Baldwin with Resources for Seniors; or the registered nurse from Perpetual Home Care. This will take place the first Tuesday of the month.

Five Points Center for Active Adults Course Fee: \$0
#226233 Sep 4-Dec 17 Tu 9:30 AM-10:15 AM

HEALTH TOPIC: CHRONIC PAIN SELF- MANAGEMENT

This evidence-based course, reviewed by Stanford University and health professionals, gives you tips, helpful suggestions and concrete strategies to maintain your health and manage your pain.

Five Points Center for Active Adults Course Fee: \$0
#226240 Sep 20-Oct 25 Th 2:00 PM-4:30 PM

LUNCH AND LEARN FOR ADULTS

This quarterly series of educational meetings is designed to inform, educate and answer questions related to healthy living and well-being. Bring your lunch, beverages and snacks are provided. Pre-registration is required. Sponsored by Resources for Seniors, the Center for Volunteer Caregiving and Wake County CR.

Five Points Center for Active Adults Course Fee: \$0
230030 Sept 25 Tu 1:00-3:00 PM

HEALTH TOPIC: DIABETES SELF-MANAGEMENT

This course is a highly participatory workshop facilitated by leaders who follow a detailed manual for consistency. Physicians and other health professionals from Stanford University and the community have reviewed all the course materials. Participants build confidence in their ability to manage their health and maintain healthy lifestyles while living with Diabetes. Sponsored by Community Care of Wake and Johnston Counties.

Five Points Center for Active Adults Course Fee: \$0
#226254 Sep 19-Oct 24 W 2:30 PM-5:00 PM

HEALTH TOPIC: PARKINSON'S DISEASE DIALOGUE

Are you living actively in the early stages of Parkinson's disease? Please join us for an inviting open discussion of Parkinson's disease and sharing of experiences in a patient-centered environment. The early goal is to equip us to be 'prosumers' of Parkinson's disease-related healthcare by exchanging information, choosing topics for discussion and sharing the collective wisdom. Group meets on the last Friday of each month.

Five Points Center for Active Adults Course Fee: \$0
#226242 9/28, 10/26, 11/30, 12/28 F 1:30 PM-3:00 PM

HEALTH TOPIC: WHEN SADNESS IS SERIOUS- OVERCOMING DEPRESSION

Everyone feels 'blue' or down from time to time, but depression is something more. It's a serious health condition that can have devastating consequences if left untreated. We will talk about causes, signs and symptoms, questions to ask and treatments available. Presented by Homewatch Care Givers.

Anne Gordon Center for Active Adults Course Fee: \$0
#226243 Sep 20 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
#226244 Oct 3 W 1:00 PM-2:00 PM

INTRODUCTION TO THE TAROT AND ASTROLOGY

Explore the stories, visual symbols, meanings and history of the Tarot and Astrology. In this enlightening overview, learn how ancient ways of studying the stars and early card game entertainment became tools to help us better understand ourselves. If you're an artist, bring a sketchbook. If you're not, bring a notebook. A class for total beginners.

Five Points Center for Active Adults Course Fee: \$35
#228266 Sep 10-Oct 29 M 2:00 PM-5:00 PM
#228267 Nov 5-Dec 17 M 6:00 PM-8:30 PM

MOVE WELL AT HOME

This seminar will provide helpful information and education about improving and maintaining your mobility and balance to increase your ability to live well in your home for as long as possible. The seminar will feature a demonstration and take-home exercises. Presented by Aware Senior Care.

Anne Gordon Center for Active Adults Course Fee: \$0
#226218 Oct 4 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
#226219 Oct 23 Tu 10:15 AM-11:15 AM

EDUCATIONAL CLASSES

NOGGIN JOGGIN'

People who regularly partake in the stimulating activities showed healthier densities of 'white matter'-the parts of the brain that transmit information-than those who didn't. In other words: If you don't use it, you lose it. Brain training that targets memory, attention and focus can lead to better recollection, faster reaction time and an overall sharper mind. Our Noggin Joggin' brain games work to stave off dementia, strengthen critical thinking skills, and promote brain health. Join us monthly in a variety of brain stimulating activities to keep our brains active. Presented by Homewatch Care Givers.

Anne Gordon Center for Active Adults Course Fee: \$0
#226241 Sep 17-Dec 17 1st, 3rd M 1:30 PM-2:30 PM

NUTRITION: ALL ABOUT CARBOHYDRATES

There are so many conflicting messages about how much carbohydrate we should be eating on a daily basis. It can be very confusing and frustrating. In this first of three classes on energy-yielding nutrients, we are going to take a close look at carbohydrates. Where do we find them? Why do we need them? How much do we need? How are they digested, and once they are, how do we regulate the resulting rise in blood sugar? You will learn this and so much more in this information filled class led by Lauren Nathan, dietitian and retired college instructor.

Five Points Center for Active Adults Course Fee: \$10
#229841 Sept 18-20 Tu&Th 1:00-2:00 PM

NUTRITION: ALL ABOUT FATS

Should we eat butter or margarine? Coconut oil or olive oil? In this second of three classes on energy-yielding nutrients, we are going to take a close look at fats and oils and answer many other questions about fat in foods and in the body. Why is fat essential for the body? How is dietary fat digested and transported in the body? How do fatty acids affect our blood cholesterol levels and risk of heart disease? Join Lauren Nathan in examining all this and more.

Five Points Center for Active Adults Course Fee: \$10
#229842 Sept 25-27 Tu&Th 1:00-2:00 PM

NUTRITION: ALL ABOUT PROTEINS

How do proteins differ from carbohydrates and fats? How much dietary protein do we need, especially as we age? These questions and more will be answered in this last of three classes on energy-yielding nutrients. We are going to take a close look at protein and explore how proteins are made in our bodies, and how and why we break down body proteins. As a class, we will look at plant and animal sources of protein, and identify non-meat food combinations that are complete protein sources. Join Lauren Nathan in examining all this and more.

Five Points Center for Active Adults Course Fee: \$10
#229843 Oct 2-4 Tu&Th 1:00-2:00 PM

ONE-ON-ONE CAREGIVER SUPPORT OR GRIEF COUNSELING

Are you the primary caregiver for a loved-one, family member or friend and are you looking for support and ways to enhance your caregiving? Kristin Lassiter will provide you with one-on-one counseling to help you in this journey. Have you recently experienced the loss of a loved-one, family member, friend or employment? Maybe you are challenged by a recent medical diagnosis or the move to a new location. Kristin can help you in this journey. Make an appointment to meet with Kristin and learn ways to manage the challenges of caregiving or adjusting to a loss. This free service is sponsored by Heartland Hospice and Resources for Seniors, Inc.

Five Points Center for Active Adults Course Fee: \$0
#226220 Sep 17-Dec 17 M 2:00 PM-3:45 PM

PATH TO PEACE: HEALING OUR GRIEF

This is a small group that meets four times over the course of one month. With the support of professionals from Heartland Hospice and Resources for Seniors, you will find support and a discussion outlet on topics such as understanding the grief process, making life adjustments and carrying on without your loved one. There is no fee, but registration is required in advance and participants are asked to commit to the entire four-week class in order to foster trusting relationships within the group.

Anne Gordon Center for Active Adults Course Fee: \$0
#226221 Sep 20-Oct 25 Th 11:00 AM-12:30 PM

POETRY

Poetry can be like learning dance steps. It's an ultimate form of word-play. Everyone can have fun writing their own. No experience necessary -- only curiosity and a willingness to try. Bring paper and pen or pencil to first class. Instructor: Salinda Tyson

Five Points Center for Active Adults Course Fee: \$5
Haiku

#229722 Sep 10 M 1:30 PM-3:30 PM

Couplets

#229723 Sep 17 M 1:30 PM-3:30 PM

Quatrains

#229724 Sep 24 M 1:30 PM-3:30 PM

Limericks

#229725 Oct 1 M 1:30 PM-3:30 PM

Free Verse

#229726 Oct 8 M 1:30 PM-3:30 PM

Alteration

#229727 Oct 15 M 1:30 PM-3:30 PM

Line Repetitions

#229728 Oct 22 M 1:30 PM-3:30 PM

PREVENTING EMAIL SCAMS AND MALWARE

Brian Reitter, NC Consumer Council Public Affairs Director will educate us on the dangers and potential consequences of the most frequent and popular Email Scams and Malware. He will focus on how to identify and protect ourselves and our contacts from becoming prey to computer scams.

Five Points Center for Active Adults Course Fee: \$0
#226212 Oct 16 Tu 10:15 AM-11:15 AM

RESOURCES FOR SENIORS: WHO ARE WE AND HOW WE CAN HELP

Resources for Seniors will provide a detailed overview of its agency and the many resources that can be valuable to you or your loved ones.

Anne Gordon Center for Active Adults Course Fee: \$0
#226222 Dec 13 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
#226223 Dec 13 Th 10:00 AM-10:30 AM

RESTORATIVE WRITING

Restorative writing is a unique tool that has the potential for powerful and dramatic outcomes, even for those who do not normally consider themselves writers. This program was developed with the help of local author Carol Henderson. Join us for an opportunity to explore our deepest feelings in a safe environment. Through writing, we will gently probe, reflect, remember and reconsider. We will honor our loved ones, reimagine our lives now and discover inner resources we had no idea were within us. Preregistration is required. Presented by Heartland Hospice and Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#226224 Nov 19 M 2:00 PM-3:30 PM
#226225 Dec 3 M 2:00 PM-3:30 PM

RIDE SHARING: LYFT AND UBER

Ever thought about taking advantage of ride sharing? Not sure exactly what it is, how it works, or where to begin? Learn more about this unique service, its pros and cons, as well as how to use some of the most popular ride sharing apps such as Uber and Lyft. Sponsored by NC Consumer Council.

Anne Gordon Center for Active Adults Course Fee: \$0
#226231 Nov 29 Th 1:00 PM-2:00 PM
Five Points Center for Active Adults Course Fee: \$0
#226232 Oct 23 Tu 2:15 PM-3:15 PM

SHIIP COUNSELING APPOINTMENTS

These one-on-one appointments with the Seniors' Health Insurance Information Program (SHIIP) will help you understand your Medicare options. The trained SHIIP volunteer will help you identify Medicare health and drug plans that best meet your needs. You must preregister for a one-hour appointment. Please bring your Medicare card and a list of prescriptions you are currently taking.

Anne Gordon Center for Active Adults Course Fee: \$0
#226226 Sep 10-Dec 17 M 9:30 AM-4:00 PM
Five Points Center for Active Adults Course Fee: \$0
#226227 Sep 5-Dec 27 W-Th 1:30 PM-4:30 PM

SPANISH: LEVEL 1

This basic class is for someone who knows little or no Spanish. The class is meant to help with communicating verbally, but not with reading or writing. The student is expected to learn words, phrases and simple sentence construction in order to communicate basic information. The student is expected to learn and memorize some verbs and expressions in Spanish. Most importantly, the student is expected to have fun! This class will meet twice a week. Instructor: Monica Kalavity

Five Points Center for Active Adults Course Fee: \$20
#229703 Sep 10-Oct 4 M,Th 6:00 PM-7:00 PM

THE UPSIDE OF DOWNSIZING

Learning more about "Downsizing and Rightsizing" has become an essential part of aging, but you don't have to do it alone. Selecting the right time, the right place and the right amount of personal belongings to take when you move can prove to be time consuming and stressful. Deciding to "downsize" now rather than later can provide financial benefits, allow more time to make important decisions, reduce overall stress and limit additional burden to family members. Determine your space versus your belongings ratio and ensure that you don't leave any of your treasured possessions behind. We will explain how letting go of "space takers" can help you get the ball rolling and we will share how we can purge or liquidate the household goods that you will no longer need.

Anne Gordon Center for Active Adults Course Fee: \$0
#226228 Oct 11 Th 2:00 PM-3:00 PM

Five Points Center for Active Adults Course Fee: \$0
#226229 Oct 1 M 6:00 PM-7:00 PM
#226230 Oct 9 Tu 2:00 PM-3:00 PM

WRITING YOUR SPIRITUAL BIOGRAPHY: PART II

previous workshops on Writing Your Spiritual Biography. We will use poetry and simple exercises as prompts for participants to write on some part of their spiritual journey, with optional sharing with the group. The workshop builds on the Dan Wakefield book discussed in the introductory class. Bill will provide suggestions and guidance on delving deeper into one of the four parts of the introductory class (childhood, adolescence, friend/mentor, roadmap), including more thematic focus such as loss, major transitions, and milestones. Class meets on the 2nd and 4th Wednesdays of each month.

Five Points Center for Active Adults Course Fee: \$0
#226263 Sep 12-Dec 26 W 2:00 PM-4:00 PM

FITNESS CLASSES

SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

60 SECONDS TO GOOD HEALTH EAT LUNCH LATER – EXERCISE NOW!

This lunchtime class features interval training to improve muscle strength and take your fitness to a higher level. All it takes is 60 seconds!

Instructor: Raquel Robinson

Five Points Center For Active Adults

Course Fee: \$8

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|---------|-----------|---|-------------------|
| #230096 | Sep 10-24 | M | 10:30 AM-11:15 AM |
| #230097 | Oct 1-29 | M | 10:30 AM-11:15 AM |
| #230098 | Nov 5-26 | M | 10:30 AM-11:15 AM |
| #230099 | Dec 3-31 | M | 10:30 AM-11:15 AM |

ADULT TAP DANCE

Learn basic tap dance patterns that will be incorporated into short dances to music. This will be a good physical and mental workout as you learn (or maybe re-learn) classic patterns. Tap dance does not require a partner or a group so you can practice any time. If you can walk you can dance! Hard sole shoes work fine, can be flat or with a slight heel. Rubber soled shoes would not work well at all. Instructor: Bev Norwood

Five Points Center for Active Adults

Course Fee: \$8

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|---------|----------|---|-------------------|
| #229763 | Sep 5-26 | W | 12:00 PM -1:00 PM |
| #229764 | Oct 3-31 | W | 12:00 PM -1:00 PM |
| #229765 | Nov 7-28 | W | 12:00 PM -1:00 PM |
| #229766 | Dec 5-26 | W | 12:00 PM -1:00 PM |

AGELESS GRACE

Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit www.agelessgrace.com for more information. Instructor: Missy Atkinson

Anne Gordon Center for Active Adults

Course Fee: \$8

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|---------|----------|----|-----------------|
| #225609 | Sep 4-25 | Tu | 2:00 PM-2:45 PM |
| #225610 | Oct 2-30 | Tu | 2:00 PM-2:45 PM |
| #225611 | Nov 6-27 | Tu | 2:00 PM-2:45 PM |
| #225612 | Dec 4-18 | Tu | 2:00 PM-2:45 PM |

Five Points Center for Active Adults

Course Fee: \$8

| | | | |
|---------|-----------|---|------------------|
| #225605 | Sep 10-24 | M | 9:30 AM-10:30 AM |
| #225606 | Oct 1-29 | M | 9:30 AM-10:30 AM |
| #225607 | Nov 5-26 | M | 9:30 AM-10:30 AM |
| #225608 | Dec 3-31 | M | 9:30 AM-10:30 AM |

Walnut Terrace Neighborhood Center

Course Fee: \$8

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|---------|----------|----|------------------|
| #225601 | Sep 4-25 | Tu | 12:00 PM-1:00 PM |
| #225602 | Oct 2-30 | Tu | 12:00 PM-1:00 PM |
| #225603 | Nov 6-27 | Tu | 12:00 PM-1:00 PM |
| #225604 | Dec 4-13 | Tu | 12:00 PM-1:00 PM |

AIM FITNESS

Age: 18yrs. and up. The 'AIM' of Adults In Motion Fitness is to be fun, challenging and calorie burning. Strengthen your muscles and improve your range of motion, balance, and flexibility through stretching, low impact aerobics and the use of light hand weights/resistance bands. Classes differ by instructor, difficulty/impact level, and option to use a chair for support.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Journonya Harris

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| #225538 | Sep 4-25 | Tu | 9:15 AM-10:00 AM |
| #225539 | Oct 2-30 | Tu | 9:15 AM-10:00 AM |
| #225540 | Nov 6-27 | Tu | 9:15 AM-10:00 AM |
| #225541 | Dec 4-18 | Tu | 9:15 AM-10:00 AM |

Intermediate

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|---------|----------|----|-------------------|
| #225583 | Sep 4-25 | Tu | 10:15 AM-11:00 AM |
| #225584 | Oct 2-30 | Tu | 10:15 AM-11:00 AM |
| #225585 | Nov 6-27 | Tu | 10:15 AM-11:00 AM |
| #225586 | Dec 4-18 | Tu | 10:15 AM-11:00 AM |

Instructor: Valerie Salinas

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| #225542 | Sep 6-27 | Th | 9:15 AM-10:00 AM |
| #225543 | Oct 4-25 | Th | 9:15 AM-10:00 AM |
| #225544 | Nov 1-29 | Th | 9:15 AM-10:00 AM |
| #225545 | Dec 6-27 | Th | 9:15 AM-10:00 AM |

Intermediate

| | | | |
|---------|----------|----|-------------------|
| #225587 | Sep 6-27 | Th | 10:15 AM-11:00 AM |
| #225588 | Oct 4-25 | Th | 10:15 AM-11:00 AM |
| #225589 | Nov 1-29 | Th | 10:15 AM-11:00 AM |
| #225590 | Dec 6-27 | Th | 10:15 AM-11:00 AM |

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Bettie Ittenbach

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| #225546 | Sep 10-24 | M | 12:15 PM-1:00 PM |
| #225548 | Oct 1-29 | M | 12:15 PM-1:00 PM |
| #225549 | Nov 5-26 | M | 12:15 PM-1:00 PM |
| #225550 | Dec 3-31 | M | 12:15 PM-1:00 PM |

Greystone Community Center

Course Fee: \$8

Instructor: Lauren Llewellyn

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|---------|-----------|---|-------------------|
| #225559 | Sep 10-24 | M | 10:00 AM-10:45 AM |
| #225560 | Oct 1-29 | M | 10:00 AM-10:45 AM |
| #225561 | Nov 5-26 | M | 10:00 AM-10:45 AM |
| #225562 | Dec 3-24 | M | 10:00 AM-10:45 AM |
| #225563 | Sep 7-28 | F | 10:00 AM-10:45 AM |
| #225564 | Oct 5-26 | F | 10:00 AM-10:45 AM |
| #225565 | Nov 2-30 | F | 10:00 AM-10:45 AM |
| #225566 | Dec 7-28 | F | 10:00 AM-10:45 AM |

continued on next page...

Halifax Community Center

Instructor: Journonya Harris - Rayner

| | | | |
|---------|-----------|---|-----------------|
| #229104 | Sept 3-24 | M | 11:45AM-12:30PM |
| #229105 | Oct 1-29 | M | 11:45AM-12:30PM |
| #229106 | Nov 5-26 | M | 11:45AM-12:30PM |
| #229107 | Dec 3-31 | M | 11:45AM-12:30PM |

Course Fee: \$0

Lake Lynn Community Center

Instructor: Lauren Llewellyn

| | | | |
|---------|----------|----|-----------------|
| #225567 | Sep 4-25 | Tu | 9:00 AM-9:45 AM |
| #225568 | Oct 2-30 | Tu | 9:00 AM-9:45 AM |
| #225569 | Nov 6-27 | Tu | 9:00 AM-9:45 AM |
| #225570 | Dec 4-18 | Tu | 9:00 AM-9:45 AM |
| #225571 | Sep 6-27 | Th | 9:00 AM-9:45 AM |
| #225572 | Oct 4-25 | Th | 9:00 AM-9:45 AM |
| #225573 | Nov 1-29 | Th | 9:00 AM-9:45 AM |
| #225574 | Dec 6-27 | Th | 9:00 AM-9:45 AM |

Course Fee: \$8

Laurel Hills Community Center

Instructor: Bettie Ittenbach

| | | | |
|---------|----------|---|-------------------|
| #225592 | Sep 5-26 | W | 10:15 AM-11:15 AM |
| #225593 | Oct 3-31 | W | 10:15 AM-11:15 AM |
| #225594 | Nov 7-28 | W | 10:15 AM-11:15 AM |
| #225595 | Dec 5-19 | W | 10:15 AM-11:15 AM |
| #225596 | Sep 7-28 | F | 10:15 AM-11:15 AM |
| #225597 | Oct 5-26 | F | 10:15 AM-11:15 AM |
| #225598 | Nov 2-30 | F | 10:15 AM-11:15 AM |
| #225599 | Dec 7-28 | F | 10:15 AM-11:15 AM |

Course Fee: \$8

Powell Drive Park

Instructor: Bill Unger

| | | | |
|---------|----------|----|-----------------|
| #225575 | Sep 4-25 | Tu | 1:00 PM-1:45 PM |
| #225576 | Oct 2-30 | Tu | 1:00 PM-1:45 PM |
| #225577 | Nov 6-27 | Tu | 1:00 PM-1:45 PM |
| #225578 | Dec 4-18 | Tu | 1:00 PM-1:45 PM |
| #225579 | Sep 6-27 | Th | 1:00 PM-1:45 PM |
| #225580 | Oct 4-25 | Th | 1:00 PM-1:45 PM |
| #225581 | Nov 1-29 | Th | 1:00 PM-1:45 PM |
| #225582 | Dec 6-27 | Th | 1:00 PM-1:45 PM |

Course Fee: \$8

Tarboro Road Community Center

Instructor: Janet Wise

| | | | |
|---------|----------|------|-------------------|
| #227896 | Sep 5-28 | W, F | 10:00 AM-10:45 AM |
| #227898 | Oct 3-31 | W, F | 10:00 AM-10:45 AM |
| #227899 | Nov 2-28 | W, F | 10:00 AM-10:45 AM |
| #227915 | Dec 5-28 | W, F | 10:00 AM-10:45 AM |

Course Fee: \$0

BALANCE FITNESS

Age: All Ages Strengthen your balance, stability, and core strength with these classes. Sessions may use weights, bands and weighted balls along with cardio and balance activities to achieve these goals. Classes differ by instructor, difficulty/impact level, and option to use a chair for support.

Abbotts Creek Community Center

Course Fee: \$8













Instructor: Raquel Robinson 

| | | | |
|---------|----------|----|-------------------|
| #227842 | Sep 4-25 | Tu | 10:30 AM-11:15 AM |
| #227863 | Oct 2-30 | Tu | 10:30 AM-11:15 AM |
| #227864 | Nov 6-27 | Tu | 10:30 AM-11:15 AM |
| #227867 | Dec 4-18 | Tu | 10:30 AM-11:15 AM |
| #227872 | Sep 6-27 | Th | 10:30 AM-11:15 AM |
| #227873 | Oct 4-25 | Th | 10:30 AM-11:15 AM |
| #227874 | Nov 1-29 | Th | 10:30 AM-11:15 AM |
| #227875 | Dec 6-27 | Th | 10:30 AM-11:15 AM |

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Sue Payne

| | | | |
|---|----------|----|-------------------|
| #225651  | Sep 4-25 | Tu | 10:15 AM-11:00 AM |
| #225652  | Oct 2-30 | Tu | 10:15 AM-11:00 AM |
| #225653  | Nov 6-27 | Tu | 10:15 AM-11:00 AM |
| #225654  | Dec 4-18 | Tu | 10:15 AM-11:00 AM |
| #225655  | Sep 5-26 | W | 2:15 PM-3:00 PM |
| #225656  | Oct 3-31 | W | 2:15 PM-3:00 PM |
| #225657  | Nov 7-28 | W | 2:15 PM-3:00 PM |
| #225658  | Dec 5-26 | W | 2:15 PM-3:00 PM |
| #229686 | Sep 6-27 | Th | 9:15 AM- 10:00 AM |
| #225659 | Oct 4-25 | Th | 9:15 AM-10:00 AM |
| #225660 | Nov 1-29 | Th | 9:15 AM-10:00 AM |
| #225661 | Dec 6-27 | Th | 9:15 AM-10:00 AM |
| #225662  | Sep 6-27 | Th | 11:15 AM-12:00 PM |
| #225663  | Oct 4-25 | Th | 11:15 AM-12:00 PM |
| #229687  | Nov 1-29 | Th | 11:15 AM-12:00 PM |
| #225664  | Dec 6-27 | Th | 11:15 AM-12:00 PM |

Instructor: Sandy Stanton

| | | | |
|---------|----------|----|-----------------|
| #225665 | Sep 6-27 | Th | 6:45 PM-7:30 PM |
| #225666 | Oct 4-25 | Th | 6:45 PM-7:30 PM |
| #225667 | Nov 1-29 | Th | 6:45 PM-7:30 PM |
| #225668 | Dec 6-27 | Th | 6:45 PM-7:30 PM |



Are you interested in teaching a class? Do you have a skill that you are interested in sharing with others? The Adult Program is always interested in new program ideas. We would love to hear your ideas!

FITNESS CLASSES

SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

BOOTCAMP

Bootcamp is designed to push you a little further than you would normally push yourself. It builds on the fundamentals of cardio and strength training. You will use bodyweight exercises like pushups, squats and burpees interspersed with aerobic activities. Be prepared to sweat in this class. Bring a towel and your mat. Instructor: Sue Payne

Five Points Center for Active Adults

Course Fee: \$8

| | | | |
|---------|-----------|----|------------------|
| #225829 | Sep 4-25 | Tu | 9:15 AM-10:00 AM |
| #225830 | Oct 2-30 | Tu | 9:15 AM-10:00 AM |
| #225831 | Nov 6-27 | Tu | 9:15 AM-10:00 AM |
| #225832 | Dec 4-18 | Tu | 1:15 PM-2:00 PM |
| #225833 | Sep 5-26 | W | 1:15 PM-2:00 PM |
| #225834 | Oct 10-31 | W | 1:15 PM-2:00 PM |
| #225835 | Nov 7-28 | W | 1:15 PM-2:00 PM |
| #225836 | Dec 5-26 | W | 1:15 PM-2:00 PM |

BOXING FOR FITNESS

This cardio intensive class involves actual boxing work along with core and abdominal floor work. This is a great overall muscle toning and fat burning exercise class. Bring boxing gloves and mat. Instructor: Sue Payne

Five Points Center for Active Adults

Course Fee: \$8

| | | | |
|---------|----------|----|-----------------|
| #225824 | Sep 4-25 | Tu | 3:00 PM-3:45 PM |
| #225825 | Oct 2-30 | Tu | 3:00 PM-3:45 PM |
| #225826 | Nov 6-27 | Tu | 3:00 PM-3:45 PM |
| #225827 | Dec 4-18 | Tu | 3:00 PM-3:45 PM |

CARDIO SCULPT

Cardio Sculpt is a combination class that helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Get a healthy heart and sculpted muscles all in one class.

Abbotts Creek Community Center

Course Fee: \$8

Instructor: Raquel Robinson

| | | | |
|---------|----------|----|------------------|
| #225866 | Sep 4-25 | Tu | 9:30 AM-10:15 AM |
| #225867 | Oct 2-30 | Tu | 9:30 AM-10:15 AM |
| #225868 | Nov 6-27 | Tu | 9:30 AM-10:15 AM |
| #225869 | Dec 4-18 | Tu | 9:30 AM-10:15 AM |
| #225870 | Sep 6-27 | Th | 9:30 AM-10:15 AM |
| #225871 | Oct 4-25 | Th | 9:30 AM-10:15 AM |
| #225872 | Nov 8-29 | Th | 9:30 AM-10:15 AM |
| #225873 | Dec 6-27 | Th | 9:30 AM-10:15 AM |

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Raquel Robinson

| | | | |
|---------|-----------|---|------------------|
| #225874 | Sep 10-24 | M | 9:30 AM-10:15 AM |
| #225875 | Oct 1-29 | M | 9:30 AM-10:15 AM |
| #225876 | Nov 5-26 | M | 9:30 AM-10:15 AM |
| #225877 | Dec 3-17 | M | 9:30 AM-10:15 AM |

Instructor: Linda Thomas

| | | | |
|---------|----------|----|-------------------|
| #225878 | Sep 4-25 | Tu | 10:15 AM-11:00 AM |
| #225879 | Oct 2-30 | Tu | 10:15 AM-11:00 AM |
| #225880 | Nov 6-27 | Tu | 10:15 AM-11:00 AM |
| #225881 | Dec 4-18 | Tu | 10:15 AM-11:00 AM |

Instructor: Sue Payne

| | | | |
|---------|----------|----|-------------------|
| #225883 | Sep 5-26 | W | 10:15 AM-11:00 AM |
| #225884 | Oct 3-24 | W | 10:15 AM-11:00 AM |
| #225885 | Nov 7-28 | W | 10:15 AM-11:00 AM |
| #225886 | Dec 5-26 | W | 10:15 AM-11:00 AM |
| #225887 | Sep 5-26 | W | 11:15 AM-12:00 PM |
| #225888 | Oct 3-31 | W | 11:15 AM-12:00 PM |
| #225889 | Nov 7-28 | W | 11:15 AM-12:00 PM |
| #225890 | Dec 5-26 | W | 11:15 AM-12:00 PM |
| #229746 | Sep 6-27 | Th | 10:15 AM-11:00 AM |
| #229747 | Oct 4-25 | Th | 10:15 AM-11:00 AM |
| #229748 | Nov 1-29 | Th | 10:15 AM-11:00 AM |
| #229749 | Dec 6-27 | Th | 10:15 AM-11:00 AM |



The Adult Program classes are developed to meet the needs of adults age 50 and better, however an adult of any age may register for these programs.

DANCE CROSS FITNESS

This fun, high-energy class combines dance fitness, kickboxing moves, strength training and soul line dancing. Instructor: Linda Thomas

Anne Gordon Center for Active Adults Course Fee: \$8

| | | | |
|---------|-----------|---|-------------------|
| #225613 | Sep 10-24 | M | 11:45 AM-12:45 PM |
| #225614 | Oct 1-29 | M | 11:45 AM-12:45 PM |
| #225615 | Nov 5-26 | M | 11:45 AM-12:45 PM |
| #225616 | Dec 3-31 | M | 11:45 AM-12:45 PM |

Five Points Center for Active Adults Course Fee: \$8

| | | | |
|---------|----------|----|-------------------|
| #225617 | Sep 4-25 | Tu | 11:00 AM-11:45 AM |
| #225618 | Oct 2-30 | Tu | 11:00 AM-11:45 AM |
| #225619 | Nov 6-27 | Tu | 11:00 AM-11:45 AM |
| #225620 | Dec 4-18 | Tu | 11:00 AM-11:45 AM |

Tarboro Road Community Center

Instructor: Journonya Harris-Rayner

Course Fee: Free demo class

| | | | |
|-----------------|----------|---|-----------------|
| #229112 | Sep 3-24 | M | 2:00 PM-2:45 PM |
| Course Fee: \$8 | | | |
| #229113 | Oct 1-29 | M | 2:00 PM-2:45 PM |
| #229114 | Nov 5-26 | M | 2:00 PM-2:45 PM |
| #229115 | Dec 3-31 | M | 2:00 PM-2:45 PM |

DRUMMING FOR FITNESS

Improve your physical and mental fitness, burn fat, and release stress all while having fun. We combine traditional no- to low-impact aerobic movements with the powerful beat and rhythm of drums. You will use foam drumsticks (provided) on chairs. This class can be adjusted for individuals seeking a higher-impact aerobic activity. The drumming moves benefit those with Parkinson's Disease and other neurological disorders. Instructor: Bettie Ittenbach

Five Points Center for Active Adults Course Fee: \$8

| | | | |
|---------|-----------|---|-----------------|
| #225892 | Sep 10-24 | M | 1:30 PM-2:15 PM |
| #225893 | Oct 1-29 | M | 1:30 PM-2:15 PM |
| #225894 | Nov 5-26 | M | 1:30 PM-2:15 PM |
| #225895 | Dec 3-17 | M | 1:30 PM-2:15 PM |

FIVE POINTS FITNESS ROOM

Take advantage of the variety of cardiovascular and strength-training equipment available at the Five Points Center for Active Adults and get into shape. The fitness room is open during normal operating hours.

Five Points Center for Active Adults Course Fee: \$0

| | | | |
|---------|--------------|----------|-----------------|
| #225186 | Sep 4-Dec 28 | Tu, W, F | 9:00 AM-6:00 PM |
| | | M, Th | 9:00 AM-9:00 PM |

FIVE POINTS FITNESS ROOM ORIENTATION

Meet with a fitness instructor who will show you the proper way to use the equipment in the fitness room, including body mechanics and machine usage.

Five Points Center for Active Adults Course Fee: \$0

| | | | |
|---------|--------------|--------|-----------------|
| #225187 | Sep 4-Dec 27 | Tu, Th | 9:00 AM-9:30 AM |
|---------|--------------|--------|-----------------|

GENTLE STRETCH

In this chair-based class, participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses. Instructor: Sue Payne

Five Points Center for Active Adults Course Fee: \$8

| | | | |
|---------|----------|---|-------------------|
| #225896 | Sep 5-26 | W | 12:00 PM-12:45 PM |
| #225897 | Oct 3-31 | W | 12:00 PM-12:45 PM |
| #225898 | Nov 7-28 | W | 12:00 PM-12:45 PM |
| #225899 | Dec 5-26 | W | 12:00 PM-12:45 PM |

LINE DANCE FOR ACTIVE ADULTS

Enjoy a fun workout while learning new line dances. There is a class for every experience level! Those who do not know the line dancing steps, by name and movement, need to start with the Introduction level. This is a large group class and not individualized instruction.

Anne Gordon Center for Active Adults Course Fee: \$0

Instructor: Cathy Dix

Introductory Level (Little to no line dance experience) 

| | | | |
|---------|----------|---|-----------------|
| #225191 | Sep 7-28 | F | 2:15 PM-3:15 PM |
| #225192 | Oct 5-26 | F | 2:15 PM-3:15 PM |
| #225193 | Nov 2-30 | F | 2:15 PM-3:15 PM |
| #225194 | Dec 7-28 | F | 2:15 PM-3:15 PM |

Beginner Level (Some experience, need to know steps) 

| | | | |
|---------|----------|---|-----------------|
| #225195 | Sep 7-28 | F | 1:00 PM-2:00 PM |
| #225196 | Oct 5-26 | F | 1:00 PM-2:00 PM |
| #225197 | Nov 2-30 | F | 1:00 PM-2:00 PM |
| #225198 | Dec 7-28 | F | 1:00 PM-2:00 PM |

Five Points Center for Active Adults Course Fee: \$0

Instructor: Mitzi Kelley

Adv. Beginner/Improver Level (Good experience) 

| | | | |
|---------|----------|------|-----------------|
| #225199 | Sep 5-26 | M, W | 1:00 PM-2:00 PM |
| #225200 | Oct 1-31 | M, W | 1:00 PM-2:00 PM |
| #225201 | Nov 5-28 | M, W | 1:00 PM-2:00 PM |
| #225202 | Dec 3-26 | M, W | 1:00 PM-2:00 PM |

Intermediate Level (Highly experienced) 

| | | | |
|---------|----------|------|-----------------|
| #225203 | Sep 5-26 | W, W | 2:00 PM-3:00 PM |
| #225204 | Oct 1-31 | M, W | 2:00 PM-3:00 PM |
| #225205 | Nov 5-28 | M, W | 2:00 PM-3:00 PM |
| #225206 | Dec 3-31 | M, W | 2:00 PM-3:00 PM |

LINE DANCE OPEN STUDIO

Join us for this fun and informal line dance open studio time. There is not an instructor, but the regulars can help get you up to speed. Enjoy dancing to some old favorites while making new friends! Participants should have some line dancing experience and know the basic steps.

Anne Gordon Center for Active Adults Course Fee: \$0

| | | | |
|---------|---------------|----|-----------------|
| #225902 | Sep 10-Dec 17 | M | 4:00 PM-5:30 PM |
| #225903 | Sep 4-Dec 18 | Tu | 4:00 PM-5:30 PM |

Five Points Center for Active Adults Course Fee: \$0

| | | | |
|---------|--------------|---|-----------------|
| #225904 | Sep 7-Dec 28 | F | 2:00 PM-3:30 PM |
|---------|--------------|---|-----------------|

FITNESS CLASSES

SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

LINE DANCE: LEARN TO LINE DANCE

This learn to line dance class will teach basic line dance steps. We will go slow so that everyone will learn and you will be able to do basic beginner dances at the end of each class. We will learn about finding the beat of the music, counting the beats and dancing to the tempo of the music. We'll be dancing to all kinds of music from oldies to new pop and country western. The focus is on having fun learning how to dance!

Anne Gordon Center for Active Adults Course Fee: \$8
#226172 Oct 25-Nov 15 Th 11:15 AM-12:15 PM

MEDITATION

Group Meditation Practice will start with some of the latest information about the benefits of mindfulness, with participation from those present. Then the group will focus on the breath and getting quiet. After a stretch break, a time of sitting will start with some guiding thoughts. This is not an instructor-led class; Jaye Martin will guide the session.

Five Points Center for Active Adults Course Fee: \$0
#229741 Sep 6-Dec 27 Th 7:30 PM-8:15 PM

MEN'S STRENGTH AND CONDITIONING

This class provides a total body workout in a men-only environment. Strength and cardio segments are incorporated using dumbbells, medicine balls, and resistance bands. Bring your mat. Instructor: Sue Payne

Five Points Center for Active Adults Course Fee: \$8

| | | | |
|---------|----------|----|-------------------|
| #225905 | Sep 4-25 | Tu | 2:00 PM-2:45 PM |
| #225906 | Oct 2-30 | Tu | 2:00 PM-2:45 PM |
| #225907 | Nov 6-27 | Tu | 2:00 PM-2:45 PM |
| #225908 | Dec 4-18 | Tu | 2:00 PM-2:45 PM |
| #225909 | Sep 6-27 | Th | 12:00 PM-12:45 PM |
| #225910 | Oct 4-25 | Th | 12:00 PM-12:45 PM |
| #225911 | Nov 1-29 | Th | 12:00 PM-12:45 PM |
| #225912 | Dec 6-27 | Th | 12:00 PM-12:45 PM |

PERSONAL TRAINING SESSIONS

These sessions will provide one-on-one training with a certified instructor who will help you meet your personal fitness goals. These sessions are a great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs. Sessions will be scheduled at a time that is mutually convenient for the patron and the instructor.

Five Points Center for Active Adults Course Fee: \$40/1 hr session

Instructor: Sue Payne

| | | | |
|---------|--------------|-----|-----------------|
| #225913 | Sep 4-Dec 28 | M-F | 9:30 AM-5:30 PM |
|---------|--------------|-----|-----------------|

Instructor: Bill Unger

| | | | |
|---------|--------------|-----|-----------------|
| #225914 | Sep 4-Dec 28 | M-F | 9:30 AM-5:30 PM |
|---------|--------------|-----|-----------------|

PILATES

Pilates takes a holistic approach to fitness and well-being. Students will do a series of movements in conjunction with breathing techniques that will stretch and strengthen muscles, improve flexibility and balance, and stabilize and strengthen your core. Modifications are shown for those with back, knee and neck issues.

Five Points Center for Active Adults Course Fee: \$8

Instructor: Marty Lamb

| | | | |
|---------|-----------|---|------------------|
| #225916 | Sep 10-24 | M | 9:15 AM-10:00 AM |
| #225917 | Oct 1-29 | M | 9:15 AM-10:00 AM |
| #225918 | Nov 5-26 | M | 9:15 AM-10:00 AM |
| #225919 | Dec 3-31 | M | 9:15 AM-10:00 AM |

Instructor: Linda Lisko

| | | | |
|---------|-----------|---|-----------------|
| #225920 | Sep 10-24 | M | 5:30 PM-6:30 PM |
| #225921 | Oct 1-29 | M | 5:30 PM-6:30 PM |
| #225922 | Nov 5-26 | M | 5:30 PM-6:30 PM |
| #225923 | Dec 3-17 | M | 5:30 PM-6:30 PM |

Instructor: Linda Lisko

| | | | |
|---------|----------|---|-------------------|
| #225928 | Sep 5-26 | W | 10:15 AM-11:15 AM |
| #225929 | Oct 3-31 | W | 10:15 AM-11:15 AM |
| #225930 | Nov 7-28 | W | 10:15 AM-11:15 AM |
| #225931 | Dec 5-26 | W | 10:15 AM-11:15 AM |

Instructor: Marty Lamb

| | | | |
|---------|----------|----|------------------|
| #225932 | Sep 6-27 | Th | 12:00 PM-1:00 PM |
| #225933 | Oct 4-25 | Th | 12:00 PM-1:00 PM |
| #225934 | Nov 1-29 | Th | 12:00 PM-1:00 PM |
| #225935 | Dec 6-27 | Th | 12:00 PM-1:00 PM |



QI GONG

24-Posture Qi Gong (chee-gong), the ancient Chinese practice of meditation with movement, uses 24 simple movements designed to promote internal energy and organ health. Practitioners believe that in addition to the physical exercise, the movements create good energy flow in the body and contribute to overall health. Qi Gong for Joint Health is conducted both seated and standing. You practice guided visualization, simple motion and balance exercises to improve strength and fluidity of movement, promoting bone and joint health. Instructor: Kathy Bundy

Anne Gordon Center for Active

Course Fee: \$8

| | | | |
|---------|----------|----|-------------------|
| #225627 | Sep 4-25 | Tu | 10:30 AM-11:15 AM |
| #225628 | Oct 2-30 | Tu | 10:30 AM-11:15 AM |
| #225629 | Nov 6-27 | Tu | 10:30 AM-11:15 AM |
| #225630 | Dec 4-18 | Tu | 10:30 AM-11:15 AM |
| #225631 | Sep 7-28 | F | 10:30 AM-11:15 AM |
| #225632 | Oct 5-26 | F | 10:30 AM-11:15 AM |
| #225633 | Nov 2-30 | F | 10:30 AM-11:15 AM |
| #225634 | Dec 7-28 | F | 10:30 AM-11:15 AM |

Joint Health

| | | | |
|---------|----------|---|-------------------|
| #225635 | Sep 7-28 | F | 11:30 AM-12:15 PM |
| #225636 | Oct 5-26 | F | 11:30 AM-12:15 PM |
| #225637 | Nov 2-30 | F | 11:30 AM-12:15 PM |
| #225638 | Dec 7-28 | F | 11:30 AM-12:15 PM |

Five Points Center for Active

Course Fee: \$8

| | | | |
|---------|----------|----|------------------|
| #225639 | Sep 4-18 | Tu | 9:15 AM-10:00 AM |
| #225640 | Oct 2-30 | Tu | 9:15 AM-10:00 AM |
| #225641 | Nov 6-27 | Tu | 9:15 AM-10:00 AM |
| #225642 | Dec 4-18 | Tu | 9:15 AM-10:00 AM |
| #225643 | Sep 7-28 | F | 9:15 AM-10:00 AM |
| #225644 | Oct 5-26 | F | 9:15 AM-10:00 AM |
| #225645 | Nov 2-30 | F | 9:15 AM-10:00 AM |
| #225646 | Dec 7-28 | F | 9:15 AM-10:00 AM |

Walnut Terrace Neighborhood Center

Course Fee: \$0

Joint Health

| | | | |
|---------|-----------|---|-------------------|
| #225647 | Sep 10-24 | M | 11:30 AM-12:15 PM |
| #225648 | Oct 1-29 | M | 11:30 AM-12:15 PM |
| #225649 | Nov 5-26 | M | 11:30 AM-12:15 PM |
| #225650 | Dec 3-31 | M | 11:30 AM-12:15 PM |

SHIBASHI FOR ACTIVE ADULTS

Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how you can cultivate energy that results in improved health. As you gain knowledge of the routine, the increased repetitions will result in improved flexibility and strength. You will also experience better concentration and periods of sustained relaxation and stress relief. Seated modifications will be available for those with physical limitations. Join this wonderful class and enjoy the changes it will make in your life! Instructor: Angie Mitchell

Anne Gordon Center for Active Adults

Course Fee: \$8

| | | | |
|---------|----------|----|-----------------|
| #225219 | Sep 4-25 | Tu | 11:30AM-12:30PM |
| #225220 | Oct 2-30 | Tu | 11:30AM-12:30PM |
| #229945 | Nov 6-27 | Tu | 11:30AM-12:30PM |
| #229946 | Dec 4-18 | Tu | 11:30AM-12:30PM |

SILVER CARDIO

Classes start with basic warm-up moves, followed by 30 minutes of low-impact moves, including gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun!

Instructor: Bettie Ittenbach

Five Points Center for Active Adults

Course Fee: \$8

| | | | |
|---------|----------|----|-----------------|
| #225940 | Sep 6-27 | Th | 1:00 PM-1:45 PM |
| #225941 | Oct 4-25 | Th | 1:00 PM-1:45 PM |
| #225942 | Nov 1-29 | Th | 1:00 PM-1:45 PM |
| #225943 | Dec 6-27 | Th | 1:00 PM-1:45 PM |

TAI CHI CHIH

Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie

Five Points Center for Active Adults

Course Fee: \$8

Beginner

| | | | |
|---------|-----------|---|-------------------|
| #225944 | Sep 10-24 | M | 10:30 AM-11:30 AM |
| #225945 | Oct 1-29 | M | 10:30 AM-11:30 AM |
| #225946 | Nov 5-26 | M | 10:30 AM-11:30 AM |
| #225947 | Dec 3-31 | M | 10:30 AM-11:30 AM |

Intermediate

| | | | |
|---------|-----------|---|-------------------|
| #225948 | Sep 10-24 | M | 11:30 AM-12:30 PM |
| #225949 | Oct 1-29 | M | 11:30 AM-12:30 PM |
| #225950 | Nov 5-26 | M | 11:30 AM-12:30 PM |
| #225951 | Dec 3-31 | M | 11:30 AM-12:30 PM |



FITNESS CLASSES

SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

TAI CHI FOR ACTIVE ADULTS

Tai chi is a low-impact, slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Tai chi is an ancient form of movement that promotes health and improves coordination, balance and mental focus. Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the gentle movements. Chair Beginner Sun Style has the beginning movements modified for sitting. Intermediate Sun Style: This is a continuation of the beginner class including 10 new movements. This class will increase your endurance and your mental acuity. Learn to step with more agility and direction to increase your balance and coordination. Advanced Sun Style Part 1: Pre-requisite Intermediate Sun Style. This class will teach the first half of the Sun 73 Long Form movements. Movements include kicks and standing on one leg, which will increase your balance and coordination as well as your lower body and core strength. Advanced Sun Style Part 2: A continuation of the Part One class, here you will complete the Long Form with spiraling and crouching movements. The sequence begins with gentle movements and progresses to more challenging, flowing forms. It is a great overall workout for the body and mind. Advanced Various Styles: Some previous experience is required. This class will explore styles including the most popular Yang 24 forms and Chen style movements. Instructor: Rita Shaloiko

Anne Gordon Center for Active Adults

Course Fee: \$8

Beginner Sun Style

| | | | |
|---------|----------|----|-----------------|
| #225696 | Sep 6-27 | Th | 1:30 PM-2:15 PM |
| #225697 | Oct 4-25 | Th | 1:30 PM-2:15 PM |
| #225698 | Nov 1-29 | Th | 1:30 PM-2:15 PM |
| #225699 | Dec 6-27 | Th | 1:30 PM-2:15 PM |

Chair Beginner Sun Style

| | | | |
|---------|-----------|---|-----------------|
| #225700 | Sep 10-24 | M | 1:00 PM-1:45 PM |
| #225701 | Oct 1-29 | M | 1:00 PM-1:45 PM |
| #225702 | Nov 5-26 | M | 1:00 PM-1:45 PM |
| #225703 | Dec 3-31 | M | 1:00 PM-1:45 PM |

Advanced Various Styles

| | | | |
|---------|-----------|---|-----------------|
| #225704 | Sep 10-24 | M | 3:00 PM-3:45 PM |
| #225705 | Oct 1-29 | M | 3:00 PM-3:45 PM |
| #225706 | Nov 5-26 | M | 3:00 PM-3:45 PM |
| #225707 | Dec 3-31 | M | 3:00 PM-3:45 PM |

Advanced Sun Style Part I

| | | | |
|---------|----------|----|-----------------|
| #225708 | Sep 6-27 | Th | 2:30 PM-3:15 PM |
| #225709 | Oct 4-25 | Th | 2:30 PM-3:15 PM |
| #225710 | Nov 1-29 | Th | 2:30 PM-3:15 PM |
| #225711 | Dec 6-27 | Th | 2:30 PM-3:15 PM |

Advanced Sun Style Part II

| | | | |
|---------|----------|----|------------------|
| #225712 | Sep 6-27 | Th | 12:30 PM-1:15 PM |
| #225713 | Oct 4-25 | Th | 12:30 PM-1:15 PM |
| #225714 | Nov 1-29 | Th | 12:30 PM-1:15 PM |
| #225715 | Dec 6-27 | Th | 12:30 PM-1:15 PM |

Intermediate Sun Style

| | | | |
|---------|-----------|---|-----------------|
| #225716 | Sep 10-24 | M | 2:00 PM-2:45 PM |
| #225717 | Oct 1-29 | M | 2:00 PM-2:45 PM |
| #225718 | Nov 5-26 | M | 2:00 PM-2:45 PM |
| #225719 | Dec 3-31 | M | 2:00 PM-2:45 PM |



continued on next column...

TOTAL BODY

Improve your quality of life by building strength, balance, and flexibility; aspects of your health which are essential to maintaining physical independence. In this class you will use body weight, hand weights, resistance bands, and other exercise equipment while you are being encouraged to follow proper form and technique. Classes differ by instructor, difficulty/impact level, and option to use a chair for support.

Abbotts Creek Community Center

Course Fee: \$8

Instructor: Raquel Robinson

| | | | |
|---------|----------|---|------------------|
| #225724 | Sep 5-26 | W | 9:30 AM-10:15 AM |
| #225725 | Oct 3-31 | W | 9:30 AM-10:15 AM |
| #225726 | Nov 7-28 | W | 9:30 AM-10:15 AM |
| #225727 | Dec 5-19 | W | 9:30 AM-10:15 AM |
| #227829 | Sep 7-28 | F | 9:30 AM-10:15 AM |
| #227830 | Oct 5-26 | F | 9:30 AM-10:15 AM |
| #227831 | Nov 2-30 | F | 9:30 AM-10:15 AM |
| #227832 | Dec 7-21 | F | 9:30 AM-10:15 AM |

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Linda Lisko

| | | | |
|---------|-----------|---|-----------------|
| #225672 | Sep 10-24 | M | 6:30 PM-7:15 PM |
| #225673 | Oct 1-29 | M | 6:30 PM-7:15 PM |
| #225674 | Nov 5-26 | M | 6:30 PM-7:15 PM |
| #225675 | Dec 3-17 | M | 6:30 PM-7:15 PM |

Instructor: Sue Payne

| | | | |
|---------|----------|----|-----------------|
| #225677 | Sep 4-25 | Tu | 1:00 PM-1:45 PM |
| #225678 | Oct 2-30 | Tu | 1:00 PM-1:45 PM |
| #225679 | Nov 6-27 | Tu | 1:00 PM-1:45 PM |
| #225680 | Dec 4-18 | Tu | 1:00 PM-1:45 PM |

Instructor: Linda Lisko

| | | | |
|---------|----------|---|------------------|
| #225681 | Sep 5-26 | W | 9:15 AM-10:00 AM |
| #225682 | Oct 3-31 | W | 9:15 AM-10:00 AM |
| #225684 | Nov 7-28 | W | 9:15 AM-10:00 AM |
| #225685 | Dec 5-26 | W | 9:15 AM-10:00 AM |

Walnut Terrance Halifax Community Center

Instructor: Kathy Clarke Free Demo Class

| | | | |
|---------|-----------|---|-----------------|
| #229108 | Sept 5-26 | W | 11:30AM-12:15PM |
|---------|-----------|---|-----------------|

Course Fee: \$8

| | | | |
|---------|----------|---|-----------------|
| #229109 | Oct 3-31 | W | 11:30AM-12:15PM |
| #229110 | Nov 7-28 | W | 11:30AM-12:15PM |
| #229111 | Dec 5-26 | W | 11:30AM-12:15PM |

Instructor: Sue Payne

| | | | |
|---------|----------|----|-----------------|
| #225692 | Sep 6-27 | Th | 1:00 PM-1:45 PM |
| #225693 | Oct 4-25 | Th | 1:00 PM-1:45 PM |
| #225694 | Nov 1-29 | Th | 1:00 PM-1:45 PM |
| #225695 | Dec 6-27 | Th | 1:00 PM-1:45 PM |

Instructor: Sandy Stanton

| | | | |
|---------|----------|----|-----------------|
| #225720 | Sep 6-27 | Th | 5:45 PM-6:30 PM |
| #225721 | Oct 4-25 | Th | 5:45 PM-6:30 PM |
| #225722 | Nov 1-29 | Th | 5:45 PM-6:30 PM |
| #225723 | Dec 6-27 | Th | 5:45 PM-6:30 PM |

YOGA CHAIR

This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair. Students should provide their own yoga mat.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Mary Flournoy

| | | | |
|---------|-----------|----|-------------------|
| #225740 | Sep 6-27 | Th | 10:30 AM-11:15 AM |
| #225741 | Oct 4-25 | Th | 10:30 AM-11:15 AM |
| #225742 | Nov 1-29 | Th | 10:30 AM-11:15 AM |
| #225743 | Dec 6-27 | Th | 10:30 AM-11:15 AM |
| #225744 | Sep 10-24 | M | 9:15 AM-10:15 AM |
| #225745 | Oct 1-29 | M | 9:15 AM-10:15 AM |
| #225746 | Nov 5-26 | M | 9:15 AM-10:15 AM |
| #225747 | Dec 3-31 | M | 9:15 AM-10:15 AM |
| #225748 | Sep 6-27 | Th | 11:30 AM-12:15 PM |
| #225749 | Oct 4-25 | Th | 11:30 AM-12:15 PM |
| #225750 | Nov 1-29 | Th | 11:30 AM-12:15 PM |
| #225751 | Dec 6-27 | Th | 11:30 AM-12:15 PM |

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Rose Parli

| | | | |
|---------|----------|----|-------------------|
| #225728 | Sep 4-25 | Tu | 11:30 AM-12:45 PM |
| #225729 | Oct 2-30 | Tu | 11:30 AM-12:45 PM |
| #225730 | Nov 6-27 | Tu | 11:30 AM-12:45 PM |
| #225731 | Dec 4-18 | Tu | 11:30 AM-12:30 PM |
| #225732 | Sep 6-27 | Th | 11:30 AM-12:45 PM |
| #225733 | Oct 4-25 | Th | 11:30 AM-12:45 PM |
| #225734 | Nov 1-29 | Th | 11:30 AM-12:45 PM |
| #225735 | Dec 6-27 | Th | 11:30 AM-12:45 PM |

Walnut Terrace Neighborhood Center

Course Fee: \$0

Instructor: Kathryn Clarke

| | | | |
|---------|----------|---|-----------------|
| #225736 | Sep 5-26 | W | 9:00 AM-9:45 AM |
| #225737 | Oct 3-31 | W | 9:00 AM-9:45 AM |
| #225738 | Nov 7-28 | W | 9:00 AM-9:45 AM |
| #225739 | Dec 5-26 | W | 9:00 AM-9:45 AM |



FITNESS CLASSES

SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

YOGA GENTLE FLOOR

Gentle Yoga is structured to accommodate students of all levels and physical abilities. Poses are done in a variety of positions, including lying down, sitting, on hands and knees and standing. Modifications with props, including using a chair or wall for support, are suggested as needed. Yoga incorporates breathing, stretching and strengthening exercises in addition to mindfulness practice. Bring your own mat.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Mary Flournoy

| | | | |
|---------|-----------|----|-------------------|
| #225752 | Sep 10-24 | M | 10:30 AM-11:30 AM |
| #225753 | Oct 1-29 | M | 10:30 AM-11:30 AM |
| #225754 | Nov 5-26 | M | 10:30 AM-11:30 AM |
| #225755 | Dec 3-31 | M | 10:30 AM-11:30 AM |
| #225756 | Sep 5-26 | W | 3:30 PM-4:30 PM |
| #225757 | Oct 3-31 | W | 3:30 PM-4:30 PM |
| #225758 | Nov 7-28 | W | 3:30 PM-4:30 PM |
| #225759 | Dec 5-19 | W | 3:30 PM-4:30 PM |
| #225760 | Sep 6-27 | Th | 9:15 AM-10:15 AM |
| #225761 | Oct 4-25 | Th | 9:15 AM-10:15 AM |
| #225762 | Nov 1-29 | Th | 9:15 AM-10:15 AM |
| #225763 | Dec 6-27 | Th | 9:15 AM-10:15 AM |

Instructor: Alda Biddel

| | | | |
|---------|----------|----|------------------|
| #225764 | Sep 4-25 | Tu | 12:15 PM-1:15 PM |
| #225765 | Oct 2-30 | Tu | 12:15 PM-1:15 PM |
| #225766 | Nov 6-27 | Tu | 12:15 PM-1:15 PM |
| #225767 | Dec 4-18 | Tu | 12:15 PM-1:15 PM |

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Kathryn Clarke

| | | | |
|---------|-----------|---|-----------------|
| #228270 | Sep 10-24 | M | 2:00 PM-3:00 PM |
| #228271 | Oct 1-29 | M | 2:00 PM-3:00 PM |
| #228272 | Nov 5-26 | M | 2:00 PM-3:00 PM |
| #228273 | Dec 3-31 | M | 2:00 PM-3:00 PM |

Instructor: Kathryn Clarke

| | | | |
|---------|-----------|---|-----------------|
| #225772 | Sep 10-24 | M | 3:15 PM-4:15 PM |
| #225773 | Oct 1-29 | M | 3:15 PM-4:15 PM |
| #225774 | Nov 5-26 | M | 3:15 PM-4:15 PM |
| #225775 | Dec 3-17 | M | 3:15 PM-4:15 PM |

Instructor: Marty Lamb

| | | | |
|---------|----------|---|-----------------|
| #225776 | Sep 5-26 | W | 3:15 PM-4:15 PM |
| #225777 | Oct 3-31 | W | 3:15 PM-4:15 PM |
| #225778 | Nov 7-28 | W | 3:15 PM-4:15 PM |
| #225779 | Dec 5-26 | W | 3:15 PM-4:15 PM |

Halifax Community Center

Course Fee: \$8

Instructor: Kathy Clark

| | | | |
|---------|----------|---|-------------------|
| #225780 | Sep 5-26 | W | 10:15 AM-11:30 AM |
| #228116 | Oct 3-31 | W | 10:15 AM-11:30 AM |
| #228128 | Nov 7-28 | W | 10:15 AM-11:30 AM |
| #228129 | Dec 5-19 | W | 10:15 AM-11:30 AM |

Tarboro Road Community Center

Course Fee: \$8

Instructor:

| | | | |
|---------|----------|------|-------------------|
| #225768 | Sep 5-28 | W, F | 11:00 AM-11:45 AM |
| #225769 | Oct 3-31 | W, F | 11:00 AM-11:45 AM |
| #225770 | Nov 2-30 | W, F | 11:00 AM-11:45 AM |
| #225771 | Dec 5-28 | W, F | 11:00 AM-11:45 AM |

YOGA VINYASA YOGA FLOW

Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class begins with warm-up and alignment work and ends with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Please bring your own yoga mat or towel.

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Kathryn Clarke

| | | | |
|---------|----------|----|-----------------|
| #225953 | Sep 4-25 | Tu | 3:15 PM-4:15 PM |
| #225954 | Oct 2-30 | Tu | 3:15 PM-4:15 PM |
| #225955 | Nov 6-27 | Tu | 3:15 PM-4:15 PM |
| #225956 | Dec 4-18 | Tu | 3:15 PM-4:15 PM |

Instructor: Rose Parli

| | | | |
|---------|----------|----|-----------------|
| #225957 | Sep 6-27 | Th | 6:15 PM-7:15 PM |
| #225958 | Oct 4-25 | Th | 6:15 PM-7:15 PM |
| #225959 | Nov 1-29 | Th | 6:15 PM-7:15 PM |
| #225960 | Dec 6-27 | Th | 6:15 PM-7:15 PM |



continued on next column...

ZUMBA GOLD®

Zumba Gold® recreates the original moves of Zumba® at a lower intensity. It is set to Latin, international and pop music while combining cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-like atmosphere feel friendly. There are modifications allowing you to work at your own level.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Maria Bolanz 

| | | | |
|---------|----------|----|------------------|
| #225804 | Sep 4-25 | Tu | 9:15 AM-10:00 AM |
| #225805 | Oct 2-30 | Tu | 9:15 AM-10:00 AM |
| #225806 | Nov 6-27 | Tu | 9:15 AM-10:00 AM |
| #225807 | Dec 4-18 | Tu | 9:15 AM-10:00 AM |
| #225808 | Sep 6-27 | Th | 1:00 PM-1:45 PM |
| #225809 | Oct 4-25 | Th | 1:00 PM-1:45 PM |
| #225810 | Nov 1-29 | Th | 1:00 PM-1:45 PM |
| #225811 | Dec 6-27 | Th | 1:00 PM-1:45 PM |

Instructor: Jon Delancy 

| | | | |
|---------|----------|---|------------------|
| #225820 | Sep 7-28 | F | 9:15 AM-10:00 AM |
| #225821 | Oct 5-26 | F | 9:15 AM-10:00 AM |
| #225822 | Nov 2-30 | F | 9:15 AM-10:00 AM |
| #225823 | Dec 7-28 | F | 9:15 AM-10:00 AM |

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Linda Thomas 

| | | | |
|---------|----------|----|-------------------|
| #225812 | Sep 4-25 | Tu | 12:00 PM-12:45 PM |
| #225813 | Oct 2-30 | Tu | 12:00 PM-12:45 PM |
| #225814 | Nov 6-27 | Tu | 12:00 PM-12:45 PM |
| #225815 | Dec 4-18 | Tu | 12:00 PM-12:45 PM |

Instructor: Maria Bolanz 

| | | | |
|---------|----------|---|-----------------|
| #225816 | Sep 7-28 | F | 1:00 PM-1:45 PM |
| #225817 | Oct 5-26 | F | 1:00 PM-1:45 PM |
| #225818 | Nov 2-30 | F | 1:00 PM-1:45 PM |
| #225819 | Dec 7-28 | F | 1:00 PM-1:45 PM |

ZUMBA GOLD® CHAIR

Seated classes are offered for people who have limited mobility, are recovering from injuries, are getting back to exercising again or have any other reason for not feeling ready to participate in a standing class. Come exercise to the beat of fun dance music. Benefits include improved posture, muscle strength, endurance, balance, flexibility, range of motion, mental awareness and ability to accomplish day-to-day activities. Instructor: Maria Bolanz

Anne Gordon Center for Active Adults

Course Fee: \$8

| | | | |
|---------|----------|----|-----------------|
| #225800 | Sep 4-25 | Tu | 1:00 PM-1:45 PM |
| #225801 | Oct 2-30 | Tu | 1:00 PM-1:45 PM |
| #225802 | Nov 6-27 | Tu | 1:00 PM-1:45 PM |
| #225803 | Dec 4-18 | Tu | 1:00 PM-1:45 PM |



SOCIAL CLASSES

ADULT PROGRAM OPEN HOUSE

Come and explore the exciting new opportunities the Adult Program has to offer in your neighborhood. The Open House will be a great way to meet new people with similar interest as well as demo the fitness classes. We offer a variety of fitness classes: yoga, balance, stretch, and aerobic programs that range in activity levels and are geared towards adults 50 years and older. However, the classes are open to all adults. Looking for a social group? Come and find out about our Golden Years Clubs or start a new club. Instructors will offer demonstrations, and light refreshments will be provided. For more information, call 919-996-4734.

Forest Ridge Park Course Fee: \$0
#228159 Sep 20 Th 10:30 AM-12:00 PM

BINGO

This is not your typical bingo. We play a variety of games each day, including straight bingo, Four Corners, Postage Stamp and Clear All. Cost is \$1 for three cards or 50 cents per card.

Anne Gordon Center for Active Adults Course Fee: \$0
#225972 Sep 7-Dec 28 F 9:30 AM-12:00 PM

BRIDGE FOR ACTIVE ADULTS - OPEN PLAY

Join other bridge players for this open play program. All experience levels are welcome.

Five Points Center for Active Adults Course Fee: \$0
#225181 Sep 6-Dec 27 Th 10:00 AM-12:00 PM
#225182 Sep 7-Dec 28 F 12:30 PM-3:00 PM

CARDS AND MAHJONG OPEN PLAY

Want to play bridge, canasta, poker, mahjong or more with your friends? Have you not played in a while and want to freshen up your skills? This is an open play time for all. Bring your supplies or use ours.

Anne Gordon Center for Active Adults Course Fee: \$0
#225986 Sep 4-Dec 18 Tu 12:30 PM-5:30 PM
#225987 Sep 5-Dec 19 W 1:00 PM-3:00 PM
#225988 Sep 7-Dec 28 F 12:30 PM-5:30 PM

CRIBBAGE OPEN PLAY

Age: 18yrs. and up. Join other cribbage players for an open play opportunity. Those who do not know the game will be taught how to play this card game for two or more players.

Five Points Center for Active Adults Course Fee: \$0
#225185 Sep 6-Dec 27 Th 2:00 PM-4:00 PM

INTERMEDIATE BRIDGE AND GAME DAY

Join your fellow game players for intermediate bridge, canasta, dominoes and board games. Bring your own games to share with the group if you wish.

Five Points Center for Active Adults Course Fee: \$0
#225188 Sep 10-Dec 31 M 1:00 PM-4:00 PM

MEN'S FRIDAY MORNING

Men, are you looking for a place to hang out, play some games and socialize that is for guys only? Men's Friday Mornings is just what you are looking for. Drop in and enjoy coffee and an easy and fun game of video bowling. Card games, cornhole and other games are also possibilities. Or just pop in for a visit.

Anne Gordon Center for Active Adults Course Fee: \$0
#224530 Sep 7-Dec 28 F 9:00 AM-12:00 PM

READ AND GO DISCUSSIONS

Join us the group discussions for our Read and Go Program. We will read a book written by a NC author or a book based in NC have a discussion and then go on an trip based on the book. You can find the years Read and Go book list on our website at www.raleighnc.gov Keyword Search: Adult Programs or by calling us at 919-996-4720.

Anne Gordon Center for Active Adults \$0
Cold Heart
#219174 Sep 24 M 1:00 PM-3:00 PM
What the Dog Knows
#219175 Oct 22 M 1:00 PM-3:00 PM

READ AND WATCH DISCUSSION

Enjoy reading and watching movies? We have selected authors who have had movies created based on their books. Read the book, have a book discussion then watch the movie that is based on the book. Due to the popularity of this program, pre-registration is required. Find the Read and Watch list on the web at www.raleighnc.gov Keyword search: Adult Programs or call us at 919-996-4720.

Anne Gordon Center for Active Adults \$0
The Mountain Between Us by Charles Martin
#219163 Oct 29 M 1:00 PM-3:30 PM

WEDNESDAY MOVIES AT THE ANNE GORDON CENTER

Join your friends to enjoy a recently just left the theaters popular or well-rated lesser known movie. Bring your own popcorn, snacks and/or drinks. We have a microwave available for your use. Items from the drink and candy machines cost \$1 each. The movies are free. You will be asked to sign in upon arrival.

Anne Gordon Center for Active Adults Course Fee: \$0
#226018 Sep 5-Dec 19 W 2:00 PM-4:30 PM

SPORTS PROGRAMS

PICKLEBALL AND PARKINSONS WORKSHOP/PLAY

Playing Pickleball is a great exercise for anyone especially for those individuals diagnosed with Parkinson's disease (PD). Evidence continues to show that daily regular exercise has a profound effect on managing PD symptoms. Pickleball combines hand, eye coordination and simple movement thus assisting with daily life activities. Pickleball combines the elements tennis, badminton and table tennis on a court with solid paddles and a waffle ball. All levels of experience and physical mobility welcome.

Chavis Community Center

#230118

Sep 4-Dec 18

Tu

Course Fee: \$0

10:30 AM-1PM

PICKLEBALL - OPEN PLAY

Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

Five Points Center for Active Adults

#225915

Sep 4-Dec 28

Tu, F

Course Fee: \$0

3:00 PM-5:45 PM

PICKLEBALL WORKSHOPS

Pickleball is a racquet sport that combines elements of racquetball, tennis and table tennis. Two, three or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Experienced volunteer players offer free workshops to players of all levels, from beginners with new or minimal knowledge of the game and rules to intermediate players who have developed consistency in their serves and returns with the ability to direct the ball.

Chavis Community Center

#230119

Sept 4-Dec 18

Tu

Course Fee: \$0

1:30pm-3pm

Five Points Center for Active Adults

#227877

Sep 7-Dec 28

F

Course Fee: \$0

9:00 AM-2:15 PM

Tarboro Road Community Center

#227878

Sep 6-Dec 27

Th

Course Fee: \$0

10:30 AM-2:30 PM

TABLE TENNIS FREE PLAY

Learn to play table tennis. All ability levels are welcome.

Five Points Center for Active Adults

#229735

Sept 6-Dec 27

Th

Course Fee: \$0

1:30 PM-3:30 PM



GOLDEN YEARS CLUBS

Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, speakers, and luncheons. Please contact the club leader for more information.

Asbury Joy Club

Asbury UMC
3rd Thursday, 11 AM
Velma (919) 847-0775

Brier Creek Senior Club

Brier Creek Comm. Center
Tuesdays, 10 AM
Scott (919) 420-2340

Caraleigh Club

Caraleigh Comm. Clubhouse
Tuesdays, 10 AM
Mary Lou (919) 846-0492

Chavis Circle of Friends

John Chavis Community Cen.
4th Wednesday, 11 AM
Clara (919) 900-7269

Fellowship Club

West Raleigh Presbyterian Ch
2nd/4th Tuesday, 10 AM
Melvin (919) 851-3006
Brenda (919) 851-5851

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 10 AM
Jane (919) 872-3006

First Cosmopolitan Club

First Cosmopolitan Baptist Ch
3rd Wednesday, 1 PM
Gene (919) 266-1222

G.E.M.S.

Watts Chapel
Wednesday after the 1st/3rd
Sunday, 10:30 AM
Gaynelle (919) 851-0869

Go-Getters Club

Creedmoor Rd.
Coastal Federal Credit Union
2nd/4th Thursday, 10 AM
Lauren (919) 612-5164

Golden Eagles Club

Top Greene Center
2nd Wednesday, 11 AM
Carletta (919) 996-2730

Golden Jewels

St. Paul AME Church
Wednesdays, 10 AM
Vallarie (919) 789-3366

Grand Age Club

Hayes Barton United Methodist
Thursdays, 11:15 AM
Marge (919) 467-0572

Hedingham Hi-Milers

Willow Oak Clubhouse
2nd Tuesday, 10:00 AM
Lianne (919) 880-7409

Keenagers Club

White Memorial Presbyterian
Thursdays, 10:30 AM
Judy (919) 834-3424

Lake Lynn Seniors

Lake Lynn Comm. Center
Tuesdays, 10 AM
Kathy (919) 349-8905

NRUMC—Joy Club

North Raleigh UMC
1st, 2nd, 3rd, 5th Wed, 11 AM
Cletha (919) 847-5988

Parkview Manor

Parkview Manor Apartments
2nd Tuesday, 2:00 PM
Juanita (919) 821-7728

Pullen Park Club

Pullen Park Comm. Center
Wednesdays, 10 AM
Jane (919) 785-1345

Quail Hollow Club

Eastgate Center
Wednesdays, 9:45 AM
Susan (919) 870-0557

Snappy Seniors

Marsh Creek Comm. Center
1st and 3rd Monday, 10 AM
Dorothy (704) 928-6613

St. Francis of Assisi 50+ Club

St. Francis of Assisi Parish
2nd/4th Wednesday, 12noon
Kathy (919) 848-1557

St. Joseph Happy Hearts

St. Joseph's Catholic Church
1st Tuesday, 11:30 AM
4th Thursday Dinner
Connie (919) 418-3743

Smiling Age Club

Biltmore Hills Comm. Center
Tuesdays, 10 AM
Kenny (919) 831-6895
Mary (919) 755-1086

Trailblazers

Mt. Pleasant Baptist Church
2nd Tuesday 11 AM
Lizzie (919) 847-0831

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30 AM
Mary Alice (919) 832-4485

Touch of Love

St. Matthew Baptist Church
Wed after the 2nd/4th Sun,
10:30 AM
Dee (919) 630-0320

Trinity JOY Club

Trinity UMC
3rd Tuesday, 11 AM
Betty (919) 850-9191

Wakefield Villagers Club

Villages of Wakefield
2nd/3rd Tuesday, 9 AM
Margaret (919) 556-9541

Worthdale Walkers Club

Worthdale Comm. Center
Thursdays, 11 AM
Carletta (919) 996-2730

Young at Heart Club

Five Points Adult Center
2nd/4th Wednesday, 10 AM
Brenda (919) 834-8170

1's Friday

Five Point Adult Center
1st Friday, 10 AM
Barbara (540) 287-6803

This information is not to be used for solicitation purposes.

ADULT PROGRAM TRIPS

The Adult Program offers a variety of day and multi-day trips throughout the year. Trips are geared towards those 50 years and better; however trips are open to all adults including those who do not live in Raleigh. Trip fliers and registration forms can be found on the website at www.raleighnc.gov, keyword search "Adult Program" or by calling one of the Active Adult Centers. To receive informational fliers on all trips, complete the form found in the *Adult Program Trip Brochure*.

DAY TRIPS

SEPTEMBER - CAMERON, NC: ALOHA SAFARI ZOO

Lee Crutchfield is on a mission to rescue animals in need. The zoo is home to over 400 rescued animals that were previously injured, abandoned, abused, neglected, or were unable to be cared for by their previous owners giving them a forever home. The animals include bears, kangaroos, monkeys, giraffes, donkeys and much more.

OCTOBER - CHINESE LANTERN FESTIVAL

Make no mistake these are not hand-held, candle-lit lamps. Chinese lanterns are made by masters of the craft in Zigong, China. Zigong is China's center of lantern heritage. The lanterns are made out of silk and paper, evolving into the wondrous shapes and sizes. More than 800 handmade lanterns will fill more than 12 acres. In addition, marvel at kung fu shows, savor Asian food and browse the marketplace that features authentic Chinese folk art and crafts handmade onsite.

NOVEMBER - SITE SEEING CRUISE

Enjoy a narrated tour of the lake discovering the history, sights and celebrity homes from the water aboard the Catawba Queen Mississippi River boat.

DECEMBER - YOUNGSVILLE, NC: FESTIVAL LIGHTS AT HILL RIDGE FARM

What a great way to celebrate the holiday season than an old-fashioned celebration. Ride a covered wagon hayride through the acres of beautiful light displays, tell Santa what you would like, have your picture taken with him or just wander through the Old-Fashioned Toy & Candy Store.

MULTI-DAY TRIPS

NEW YORK CITY FOR THE WINTER HOLIDAY

Getting into the holiday spirits is not hard to do in New York City. Winter holidays are filled with white lights & the Rockefeller Center Christmas Tree, the amazing 5th Avenue window displays, shopping, museums and Broadway shows. Shop at the Union Square Holiday Market or 34th Street Macy's Department store. Tour the city with a guided tour, visit the city highlights: Central Park, Battery Park, World Trade Center and the Empire State Building. The trip would not be complete without enjoying a Broadway Show.

ICELAND - A LAND OF FIRE AND ICE

Iceland is a beacon of nature's majesty and culture: crystal-blue waters off the Snæfellsnes coast, the mossy hills dotted with countless waterfalls, or the glowing sunset sky. Explore Reykjavik, a sophisticated European city with museums, galleries, theaters, and much more. Travel to Tringvelier National Park, a UNESCO World Heritage Site. View the geothermal pools at Geyser and breath in the beauty of the Gullfoss/Golden Falls, Tour the South Coast or take a dip in the healing waters of the Blue Lagoon.

Don't miss out on the 2019-2020 trips. Fill out the Yearly Trip Registration Form to receive trip fliers and information.





ADDITIONAL RESOURCES

RESOURCES FOR SENIORS

Email: raleighsc@rfsnc.org
919-996-4738
www.resourcesforseniors.com

The Resources for Seniors Information and Referral Specialist is available by appointment to meet one on one with individuals at the Anne Gordon Center for Active Adults.

MEALS ON WHEELS

919-996-4739, www.wakemow.org

The Five Points Center for Active Adults is a Meals on Wheels Lunch site. Please call for a reservation.



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov